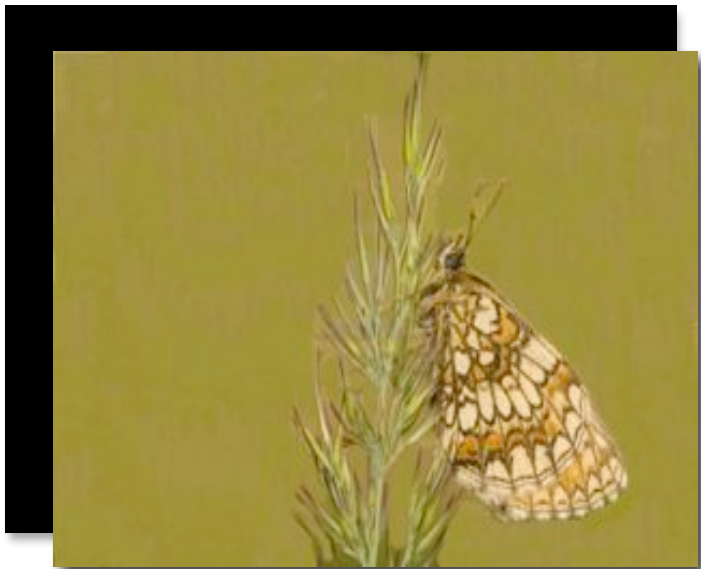




LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An
Adult
Learning
Community

SPRING2014
COURSES

LIFESPRING
Town Hall
4 High Street
Saugerties, NY 12477

845 246 2800 ext 452
lifespring.saug@gmail.com

www.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 of sociability and mutual encouragement. In this venue, we come together to share our knowledge and interests and socialize with like-minded people.

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**
- **develop new friends**

Membership and Fees: The annual membership fee is \$60 per person. This entitles each member to at least 2 courses a semester and any planned special events. The year runs from August 2013 – July 2014. 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 membership fees are not refundable.

Location: Most courses are held at the

Woodstock Jewish Congregation (WJC) in Saugerties

on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

Gratitude: All the jobs and tasks are done free of charge. Volunteers include the instructors, course coordinators, committee members, Board members, and 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 allowing us use of their ample and comfortable space.

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 Wednesday of the month at 3:00 pm in the Town Hall Building Department conference room. (Check first to see if a meeting is being held). In addition, you can direct any questions to: lifespring.saug@gmail.com or call us at **845 246 2800 ext. 452**.

SPRING 2014

Registration Information

Dear Members,

The spring semester begins on Wednesday, April 23, 2014 and ends on May 28. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description.

Registration closes on February 19, 2014.

Registration is a complicated process so please read the information carefully.

This semester we once again are able to offer an expanded program with more courses and events. Here's how the registration process works:

- 1. CLASS CHOICES:** Some classes have size limits mainly because the presenter has requested it or the size of the rooms we are using requires it. Therefore, please **SELECT a first and second choice** for each time slot. If you are not interested in a second choice then leave a blank, but be aware that if you are not placed in your only choice, you may not have a class in that time slot. We make a very sincere attempt to satisfy everyone's wishes for their class choices; however, it is not always possible for you to get your first choice. In the classes where the enrollment has been limited and we receive more registrations than that number, we will use a lottery system.
- 2. THE LOTTERY SYSTEM:** It is important to realize that registration processing **BEGINS** on the day after the close of registration. At that time, if it is determined that a lottery is necessary for some classes, the following condition applies: People who serve on committees that meet continuously throughout the year get priority placement in classes. After they are placed in the classes of their choice, names are randomly selected by the computer to determine the roster for that class. A waiting list will also be created. All others (including those names on the waiting list) will be given their second choice if one has been indicated.
- 3. CLASS SIZE:** If there is a limit on the number of people in the class it is because of a request by the presenter or the capacity of the room. Out of respect for the presenters and the integrity of the courses, we honor the enrollment limit they requested; this limit is often related to the activity or interaction that is an integral part of the course. **It is not appropriate to switch to classes in which you are not officially registered. Please do not ask this of a presenter or Class Manager. In many cases there are waiting lists that have been established by the lottery for a particular class.**
- 4. ATTENDANCE:** Please be aware that presenters have carved out of their busy lives a time commitment to Lifespring. We understand that you, too, are very busy in other areas of your life; however, we encourage you to attend the classes for which you registered. Please note: The small classes are usually in high demand and may require a lottery. Please register for these classes **only** if you expect to be present for them.
- 5. FILLING OUT THE FORM COMPLETELY:** Filling out the form as directed maximizes the chance that you will get what you requested. Blanks will be taken as blanks. Please fill out the form completely. **If you have questions about how to use the form, please call or email.**
- 6. COURTESY AND RESPECT:** It is the volunteers who have created and made this program possible and successful. We ask that these people be treated with respect for their hard work and talent.

COURSES

COURSE A-1 BEES, BIOLOGY, AND OUR CHANGING ENVIRONMENT

Wed. April 23, 30, May 7, 14, 21, 28; 9:30 - 10:45 am

The first session will be presented by Barbara Dibeler; the remaining sessions will be presented by Chris Zamenick.

April 23 NATIVE BEES: WHO THEY ARE, WHAT THEY DO, AND WHY THEY MATTER

Native bees may be the unsung pollinators of our times responsible for the effective, zero-cost pollination of many vegetables, and fruits, and native plants. Learn more about these captivating creatures and take home tips for feeding, housing, enjoying, and keeping the bees healthy in your own backyard.

Presenter: *Barbara Dibeler is an ecologist with 30 years experience in terrestrial and aquatic ecology and conservation. Most recently she has focused on learning and teaching about native bees. She raises native plants from local seed sources for bee food, habitat, and sheer beauty.*

April 30, May 7, 14, 21, 28 BIOLOGY AND OUR CHANGING ENVIRONMENT

Are you being bugged by bugs, invaded by invasive species? We, our pets, and our gardens are being exposed to new and exotic organisms. And as humans continue to influence weather patterns, we are experiencing weather phenomena once every ten years instead of once every hundred years.

This class will examine the impact of these changes, both positive and negative, on biological systems. New technologies will be discussed. Interactive exercises, handouts, and experiments will be utilized to help us weather our weather woes and become the "thermoregulation" generation.

Presenter: *Chris Zamenick is a retired high school biology teacher who has taught for Marist College, Empire State College, and Bard College's Lifetime Learning Institute. She has been taking the sigh out of science for 40 years!*

Coordinators: Arzi McKeown, Susan Kahl



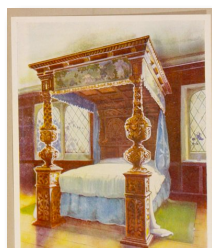
COURSE A-2 ECONOMICS IN SIX EASY LESSONS

Wed. April 23, 30, May 7, 14, 21, 28; 9:30 - 10:45 am

Economics is the social science that analyzes the production, distribution, and consumption of goods and services. Beginning with an introductory overview, The Nature of the Economic Problem, this course will cover the following topics: The Nature of Markets, Monopoly vs. Competition, Are Labor Markets Any Different?, The National Economy, and conclude with a session on The Future National Economy. No prior coursework in economics is required.

Presenter: *Andrew Weintraub, PhD was a member of the economics department at Temple University from 1973 to 1999. He now divides his time between lawyers--for whom he consults on forensic economic matters--and theater people--in his capacity as board member, set builder, and lighting designer at The CENTER for Performing Arts at Rhinebeck.*

Coordinator: Susan Davis



COURSE A-3 FURNITURE STYLES AND THE CHARACTERS WHO BUILD THEM

Wed. April 23, 30, May 7, 14, 21, 28; 9:30 - 10:45 am

In this class, you'll learn the history of furniture and its changing styles from medieval times to today, construction and finishing techniques, and the stories of furniture designers from Chippendale to Eames. For example, what makes a piece Arts & Crafts style? What's the difference between French and English dovetail joints? What is French polishing? Why is molding used? And more!

Presenter: *Gus Pedersen designs and builds custom furniture, both period reproductions and his own designs. He has been in the Saugerties Artists Studio Tour for (Cont'd on next page)*

COURSES

COURSE A-3 FURNITURE STYLES AND THE CHARACTERS WHO BUILD THEM (Cont'd)

eight years, and is a member of the Berkshire Woodworkers Guild. You can see his work at his studio in Saugerties and at his website: www.gustavpedersen.com.

Coordinator: Irene Rivera Hurst

COURSE A-4 POINTS OF LIGHT IN THE "DARK AGES"

Wed. April 23, 30, May 7, 14, 21, 28; 9:30 - 10:45 am

The historical period between the fifth century Fall of Rome and the Early Middle Ages in the thirteenth century has been labeled "The Dark Ages" in Western Europe. This period, little known to many, was rife with significant events and developments in the Christian communities of the East and West as well as in the Islamic and Jewish communities. We will explore the many heroic and positive developments during this crucial era that bear on today's world.

Presenter: Albert R. Ahlstrom holds a master's degree in church history from Union Theological Seminary in New York City, where he also studied history of religion at Columbia University and Jewish Theological Seminary. He was Lutheran campus pastor at Columbia, 1970-1989. Locally, he was pastor of Redeemer Lutheran Church in Kingston and interim pastor of congregations in Rhinebeck and New Paltz.

Coordinator: Matt Ostoyich

Courses will be held at the Woodstock Jewish Congregation unless otherwise noted.

Woodstock Jewish Congregation
1682 Glasco Turnpike
Saugerties, NY 12477

COURSE B-1 BETTER LIVING THROUGH BEHAVIORISM

Wed. April 23, 30, May 7, 14, 21, 28; 11:00 am - 12:15 pm

With the premise that all of our behaviors are learned, presenter Dr. Robert J. Presbie asserts that only a few principles of learning determine each and every one of our behaviors. What are these principles of learning behavior? How do they operate in everyday life? How can we use these principles of learning for improving our own behaviors and the behaviors of others?

The systematic use of reinforcement, punishment, and other principles of learning will be discussed with illustrations from experimental studies done with children's behaviors at home and school, adult behaviors in marriage, business, sports, medicine, and with individuals who exhibit "abnormal" behaviors.

The use of learning principles to improve the lives of individuals used to be called "behavior modification." Now it is called "applied behavior analysis."

Practical results of fifty years of experimenting and improving just about any behavior provide society with opportunities to enjoy "Better living through behaviorism."

Presenter: Robert J. Presbie received his degrees from the University of Connecticut and Tulane University, where he earned an MS and PhD in psychology. He has taught at Wilson College in Pennsylvania, Bethany College in West Virginia, and at SUNY New Paltz for over thirty years, where he taught courses in the history of psychology and behavior modification.

Coordinator: Susan Puretz



COURSES

COURSE B-2 US FOREIGN POLICY: POST WORLD WAR II TO THE PRESENT – CONTINUITY OR CHANGE?

Wed. April 23, 30, May 7, 14, 21, 28; 11:00 am - 12:15 pm

In this two-semester course we will look in depth at critical conflicts faced by different presidents: Truman's post-war military policies during the origin of the Cold War; Dwight D. Eisenhower's reaction to decolonization and third world development; John Kennedy facing the Cuban Missile Crisis; Lyndon Johnson drawn into the morass of the Vietnam War even as he advocated for his Great Society at home; and Richard Nixon's extending outwards to new relations of détente in a growing multi-polar world, while pushing an expansion of what became an Indochina War --even as he tries to end it. And that's just for the spring term!

Short policy readings to look at ahead of time will give us a flavor of the thinking, then, and maps will help us visualize the changing world. While the classes will be mostly lecture, discussion at the end of each session will help us share our questions and views.

Presenter: Richard Phillips has an MA in European History from Columbia University, and a PhD in Political Science/Comparative Politics from New York University. He has taught at colleges and universities in the New York City area, as well as in the Hudson Valley, and currently is on the adjunct faculty at SUNY Ulster and semi-retired.



COURSE B-3 THE FOLK SONG REVIVAL AND THE AMERICAN IMMIGRANT SONGBOOK

Wed. April 23, 30, May 7, 14, 21, 28; 11:00 am - 12:15 pm

This course offers an overview of the folk song revival starting in the 1950s and extending through the 1960s and '70s, focusing on such singer-songwriters as Huddie Ledbetter (Ledbelly), Pete Seeger, Bob Dylan, Phil Ochs, Joni Mitchell, and such activist researchers as Alan Lomax, Oscar Brand, and Burl Ives.

COURSE B-3 THE FOLK SONG REVIVAL AND THE AMERICAN IMMIGRANT SONGBOOK (Cont'd)

Using recordings and singing many of these songs in class, we will try to recreate some of the spirit, humor, individuality, and poetry of these very American songs. In addition, we will explore songs brought by immigrants to our shores that also influenced the popularity of the folk song movement. We will examine how all these songs (including spirituals and gospel songs) helped to form the Civil Rights and the Peace Movements and became an important part of twentieth century American history.



Presenter: Bob Cohen is the Cantor at Temple Emanuel in Kingston, NY, and Chair of the Ulster County Religious Council, an interfaith group. He participated in the folk song revival and says that he and his group, *The New World Singers*, influenced Bob Dylan to write "Blowin' In the Wind."



Pictured: Happy Traum, Gil Turner and Bob Cohen

Coordinator: Susan Puretz

COURSE B-4 THE EXPLOSIVE ARTISTIC REVOLUTION THAT SHAPED THE MODERN MIND: NATURALISM, SYMBOLISM, ART NOUVEAU/JUGENSTYLE, CUBISM, DADA AND SURREALISM, AND DIE BRÜCKE (THE BRIDGE)

Wed. April 23, 30, May 7, 14, 21, 28; 11:00 am - 12:15 pm

As the Victorian Age began its decline, many artists, writers, and thinkers sensed that an end was coming, as indeed it did in the First World War. In the forty-year period leading up to the War, incredible works of art were produced, challenging bourgeois values and beliefs at every turn and creating a different world view, one that still informs and resonates today. (Cont'd on next page)

COURSES

COURSE B-4 THE EXPLOSIVE ARTISTIC REVOLUTION THAT SHAPED THE MODERN MIND: NATURALISM, SYMBOLISM, ART NOUVEAU/JUGENSTYLE, CUBISM, DADA AND SURREALISM, AND DIE BRÜCKE (THE BRIDGE) (Cont'd)

Through presentations and discussion, we will explore the key elements of these radical artistic movements, including the Naturalists and their emphasis on societal issues; the startling Symbolist painters and writers; the world of Art Nouveau and similar movements; the Cubist, Surrealist, and Dadaist rebellions in artistic, poetic, and architectural styles; the energy and wild use of color in Die Brücke that powered aspects of Post-Impressionism; and the Bauhaus movement's influence on contemporary architecture.

Presenter: *Ernst Schoen-René has taught a wide range of courses in the humanities for 40 years, mostly in California, working with students from second grade through graduate school. He has received awards for excellence in teaching, in advising, and for writing music reviews. In addition, he has written children's musicals and music for other plays and enjoys facilitating exploration of the arts for students of all ages.*

Coordinator: Susan Greenstein



COURSE C-1 PLANET EARTH: GEOLOGY WE CAN BELIEVE IN Wed. April 23, 30, May 7, 14, 21, 28; 1:15 - 2:30 pm

From primordial planet to the present day, this course will cover selected major events in the earth's development. We'll begin with some principles of elementary astronomy as well as consideration of the earth's position in the solar system. We'll then go on to an outline of evolution through geologic time and review the geological characteristics of groundwater, still possibly one of our less appreciated natural resources. Schedule permitting, additional topics such as glaciation will also be discussed in moderate detail. Color slides will be shown to illustrate most of the lecture topics.

COURSE C-1 PLANET EARTH: GEOLOGY WE CAN BELIEVE IN (Cont'd)

Presenter: *Constantine Manos taught at SUNY Plattsburgh and the City College of New York after earning his doctorate in geology. He then served as founding chair of the Department of Geological Sciences at SUNY New Paltz where he taught for 42 years. His beginning geology course Planet Earth was a basic part of the college's general curriculum. Teaching both undergraduate and graduate courses in geology, Dr. Manos led students on camping field trips to study geology at different locations from Ontario, Canada, and Niagara Falls southward through Florida to Key West.*

Coordinator: Susan Puretz

COURSE C-2 A WAY WITH WORDS: SPOTLIGHT ON LOCAL AUTHORS

Wed. April 23, 30, May 7, 14, 21, 28; 1:15 - 2:30 pm

Celebrating the written word in its many forms, we've invited six authors from a variety of literary genres to join us. Each week a different local author will read from his or her work and discuss the experience of visualizing, creating, refining, and producing the words that make us think, laugh, cry, and hunger for more.

The creative work that the authors present may include poetry, short stories, bits from plays, or written conversation.

Presenter: *Irene Rivera Hurst began her career as a middle school English teacher, then spent 14 years as an elementary school principal in Nassau County, Long Island. She returned to her alma mater to teach Literacy Studies for ten years. She holds BA and EdD degrees from Hofstra University and an MA from SUNY, Stony Brook. She also has a life-long love for the written and spoken word as it enriches our lives.*

We write to taste life twice, in the moment and in retrospection.
-Anais Nin

COURSES



COURSE C-3 MUSIC AND MUSICIANS IN THE HUDSON VALLEY: FROM FIRST SETTLEMENT TO THE CIVIL WAR
Wed. April 23, 30, May 7, 14, 21, 28; 1:15 - 2:30 pm

As the source of inspiration for Thomas Cole and the Hudson River School of painters, Washington Irving and the Knickerbocker Poets, and Andrew Jackson Downing and the school of American landscape architecture, the Hudson Valley can be considered the birthplace of Romanticism in America. While there may have been no distinct parallel style in music during the early 1800s, there was, nevertheless, a very rich and vibrant musical culture in the Mid-Hudson Valley.

This course will provide an overview of the role music played in the day-to-day lives of the people of the region, from the manor house at Rokeby and market town of Kingston to the crossroads of America at Albany. It will also provide an introduction to several amateur and professional musicians active in the region during this period, along with live and recorded performances of some of their music.

Presenter: Geoffrey Miller is a recently retired second and sixth grade classroom teacher. During the 1980s he spent close to ten years researching the early history of music in the Hudson Valley while pursuing a doctoral degree at New York University. Though he never completed his dissertation, he still enjoys sharing his information when the opportunity arises. Currently he is overseeing the restoration of the Reher Bakery Building, an historic structure in the Rondout-West Strand Historic District in Kingston, NY, to house a new venue for local history and diversity education, The Reher Center for Immigrant Culture and History.

Coordinator: Susan Puret

You are never too old to set another goal or to dream a new dream. - C.S. Lewis

COURSE C-4 LOCAL INSIDE STORIES: HOW DID THEY DO THAT??

Wed. April 23, 30, May 7, 14, 21, 28; 1:15 - 2:30 pm

Informative and entertaining, this course will bring you an inside look at six important local arts and social service organizations that have helped shape and define some distinct aspect of our broader community. Each week representatives of a different organization will tell us the inside story behind its beginnings and development and something about its services and programs. They will also give us a glimpse into the challenges faced as well as what they envision for the future.

April 23 FAMILY OF WOODSTOCK

Since 1970, FAMILY has been an anchor for area residents. FAMILY's shelters, emergency food pantries, court advocates, counseling and case management services, hotlines, and child-care supports all work together to help people achieve the changes they seek. **Tam Cooper**, Program Director of FAMILY's Woodstock walk-in center and hotline, will talk about the vision of the agency, its history, programs, funding, and volunteers.

April 30 HOW ART TIMES BEGAN

ART TIMES is a journal published both in newspaper format and online that covers the fine and performing arts and features book reviews, poetry, and short fiction. It provides news and resources for the arts in the Hudson Valley and the rest of the Northeast Corridor including the New York metro area. Learn about the evolution of this successful example of art entrepreneurship and how it was launched and nurtured by Saugerties resident **Cornelia Seckel**, who co-founded the journal thirty years ago with her husband Raymond J. Steiner.

May 7 ESOPUS CREEK CONSERVANCY: PRESERVING SAUGERTIES' NATURAL LEGACY

With the goal of conserving significant natural landscapes in the Esopus Creek watershed and the Saugerties area, the Conservancy is now ten years old and still growing. Learn from **Susan Bolitzer**, founder and past-president, how their rocky beginnings, a little bit of luck and a lot of "stick-to-it-iveness" created opportunities for conservation, education, recreation, and advocacy. Their focus now is involving children in the future preservation of our natural resources. (Cont'd on next page)

COURSES

COURSE C-4 LOCAL INSIDE STORIES: HOW DID THEY DO THAT?? (Cont'd)

May 14 ARS CHORALIS: RISE UP SINGING

Drawing its membership from throughout the Hudson River Valley, Ars Choralis is a 50-voice community chorus begun in 1965 and dedicated to celebrating the human spirit through the performance of choral music of all periods and styles. Artistic director and conductor since 1976, **Barbara Pickhardt**, a teacher, conductor, performer and composer, has been instrumental in the development and success of Ars Choralis. She will share this fascinating story in words, music, and visual displays.

May 21 SAUGERTIES PUBLIC LIBRARY: REHABILITATION AND EXPANSION

Recognized by the New York Library Association as the 2011 Project of the Year, the complete rehabilitation of the former Saugerties Library, housed in an historic 1915 Carnegie Building, included adding over 9,000 square feet of space, installing a geothermal heating and cooling system, as well as reconfiguring and refurbishing the existing building. Members of the **Library Board** will share the amazing story of community determination and professional expertise as this innovative and important project was completed on time and within budget.

May 28 WOODSTOCK FILM FESTIVAL

The Woodstock Film Festival presents an annual program and year-round schedule of film, music, and art-related activities that promote artists, culture, inspired learning, and diversity. **Meira Blaustein** is the co-founder and executive director of the Woodstock Film Festival. She will talk about the inception, purpose and growth of the Film Festival, what it does for the community and how you can be involved, and she will also give a brief overview of independent filmmaking.

Coordinators: Laura Shulman, Susan Poretz, Sandy Ostoyich, Matt Ostoyich

BONUS COURSES



BONUS COURSE 1 MORNING T'AI CHI
Wed. April 23, 30, May 7, 14, 21, 28;
8:15 am - 9:00 am

Class Limit: 15

As it is practiced in the west today, t'ai chi can perhaps best be thought of as a form of martial arts with slow movements that develop balance, strength, and power.

Research emphasizes the great health benefits of t'ai chi in the areas of improving balance, preventing falls, strengthening the immune system, increasing energy, and promoting relaxation.

Each class will begin with a warm-up followed by instruction on one or two movements. After that the form will be done. Wear comfortable flat shoes and loose clothing. Classes will be held outside when possible.

Presenter: Robert Fox taught exercise classes at the Marin Jewish Community Center and the YMCA in Marin County, California, before moving to Belize and building and operating a guesthouse. He was a board member of the Arthritis Foundation when he discovered t'ai chi and found it a beneficial method of dealing with his own arthritis. He has studied the t'ai chi 108 Movement Form since 1992 and practices on a daily basis.



BONUS COURSE 2
FILM SERIES: RENEWAL
3 Tuesdays: Apr. 29, May 6, May 13;
9:30 am - 12:30 pm

THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY.

We are all products of our past experiences, relationships and choices. We sometimes bloom and life's path is clear and good. But sometimes we do not know how to navigate our way through the brambles, craters, and detours, and the path can feel like a minefield. (Cont'd on next page)

COURSES

BONUS COURSE 2 FILM SERIES: RENEWAL (Cont'd)

In this film series we will walk the path with emotionally wounded people who begin to understand more fully who they are and recognize what is important in their lives. We will watch new life come out of darkness as they awaken and reclaim their vitality and purpose, and are renewed in body, spirit, and mind.

In the first part of each session of the film course, we share the experience of watching a film and together witness the adventure, the emotions, and the outcomes. The second part of the session, the discussion, makes the experience richer and deeper.

Facilitator: Arzi McKeown is a psychotherapist and dance therapist. She has worked in hospitals, outpatient mental health clinics, and in private practice utilizing experiential and creative arts therapies for healing and growth.

NO REGISTRATION REQUIRED. THERE WILL BE A CALL FOR RESERVATIONS PRIOR TO EACH FILM.



Hospitality Room Table prepared by the Services Team

TEAMWORK

AudioVisual Team



Steve Zwickler, Bob Saturn, Irwin Rosenthal, Bob Fox, Fran Jacobson (Coordinator) (Not shown – Rich Davis)



Fran Jacobson (Coordinator), Rich Davis, Steve Zwickler

Services Team



Teri Reynolds, Colleen Greco, Connie Catalinotto, Annette Zwickler, Marjory Greenberg-Vaughn (Coordinator)
Juliette Eisenson (Not shown - Joyce Barnes)



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

SPRING 2014 COURSE SCHEDULE

COURSE NO.	WEDNESDAYS – FIRST PERIOD – 9:30 am – 10:45 am
A-1	BIOLOGY AND OUR CHANGING ENVIRONMENT
A-2	ECONOMICS IN SIX EASY LESSONS
A-3	FURNITURE STYLES AND THE CHARACTERS WHO BUILD THEM
A-4	POINTS OF LIGHT IN THE “DARK AGES”
	WEDNESDAYS – SECOND PERIOD – 11:00 am – 12:15 pm
B-1	BETTER LIVING THROUGH BEHAVIORISM
B-2	US FOREIGN POLICY: POST WWII TO THE PRESENT
B-3	THE FOLK SONG REVIVAL & THE AMERICAN IMMIGRANT SONGBOOK
B-4	THE EXPLOSIVE ARTISTIC REVOLUTION THAT SHAPED THE MODERN MIND
	WEDNESDAYS – THIRD PERIOD – 1:15 pm – 2:30 pm
C-1	PLANET EARTH: GEOLOGY WE CAN BELIEVE IN
C-2	A WAY WITH WORDS: SPOTLIGHT ON LOCAL AUTHORS
C-3	MUSIC AND MUSICIANS IN THE HUDSON VALLEY: FROM FIRST SETTLEMENT TO THE CIVIL WAR
C-4	LOCAL INSIDE STORIES: HOW DID THEY DO THAT??
	EARLY WEDNESDAY MORNINGS – BEFORE CLASSES – 8:15 am – 9:00 am
BONUS 1	MORNING T’AI CHI
	OTHER DAYS -TUESDAYS
BONUS 2	FILM SERIES: RENEWAL (TUESDAYS Apr. 29, May 6, May 13; 9:30 am - 12:30 pm; Saugerties Public Library)

BOARD OF DIRECTORS

Fall 2013-Spring 2014

<i>President</i>	Susan Puret
<i>Vice President</i>	Marvelene Beach
<i>Secretary</i>	Barbara Kaisik
<i>Treasurer</i>	Richard Phillips
<i>Registrar</i>	Bob Saturn
<i>Curriculum Coordinator</i>	Arzi McKeown
<i>Membership Coordinator</i>	Susan Kahl
<i>Public Relations Coordinator</i>	Sandy Ostoyich
<i>Audio-Visual Coordinator</i>	Fran Jacobson
<i>Events Coordinator</i>	Colleen Greco
<i>Member-at-Large</i>	Meyer Rothberg
<i>Member-at-Large</i>	Matt Ostoyich
<i>Member-at-Large</i>	Roberta Gavner
<i>Member-at-Large</i>	Doug Blair
<i>Services Coordinator</i>	Marjory Greenberg-Vaughn
<i>Saugerties Town Liaison</i>	Leeanne Thornton

Curriculum Committee

Susan Davis, Arzi McKeown (Coordinator), Irene Hurst, Sandy Ostoyich, Matt Ostoyich, Susan Puret, Roberta Gavner, Annette Zwickler, Susan Kahl, Laura Shulman, Karren Trent, Susan Greenstein, Rich Phillips, Bob Fox (not shown: Valerie DaSilva)

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

-Alvin Toffler

Volunteers**CURRICULUM COMMITTEE**

Arzi McKeown – Coordinator
Mary Felton – Peggy Ploss
Administrative Assistants

Valerie DaSilva	Robert Fox
Susan Davis	Susan Greenstein
Roberta Gavner	Irene Rivera Hurst
Susan Kahl	Sandy Ostoyich
Matt Ostoyich	Susan Puret
Richard Phillips	Laura Shulman
Karren Trent	Annette Zwickler

AUDIO-VISUAL COMMITTEE

Fran Jacobson – Coordinator
Bob Saturn
Rich Davis
Bob Fox
Steve Zwickler
Irwin Rosenthal

SERVICES COMMITTEE

Marjory Greenberg-Vaughn – Coordinator
Teri Reynolds
Colleen Greco
Connie Catalinotto
Joyce Barnes
Juliette Eisenson
Annette Zwickler

REGISTRATION COMMITTEE

Bob Saturn - Registrar
Susan Kahl
Arzi McKeown

AD HOC ANNUAL MEETING COMMITTEE

Colleen Greco - Coordinator
Roberta Gavner
Marilyn Wakefield
Peggy Ploss
Karren Trent

CATALOG COMMITTEE

Arzi McKeown – Designer

Editors

Sandy Ostoyich
Marvelene Beach

Proofreaders

Susan Davis
Fran Jacobson
Susan Greenstein

TELEPHONE SUPPORT

Lee Gable
Karen Abramson



LIFESPRING
SAUGERTIES ADULT LEARNING COMMUNITY

A NOTE ABOUT MEMBERSHIP FOR POTENTIAL NEW MEMBERS

The last 4 1/2 years have been very good to Lifespring. We've found an excellent location, presenters are offering interesting and varied courses, and the Town of Saugerties is supportive. We have become known in the community as a unique and valued organization that provides a creative, social, academic, and practical resource for area retirees. Our courses, special events, winter presentations, and ArtWorks events have met and continue to meet a need in our community.

Currently, we are at our maximum capacity for membership. For the spring 2014 semester we are not able to accept any new members. For the fall semester, we will form a waiting list for any new people interested in joining Lifespring.

If you would like to be notified by email when the fall 2014 catalog is online, please email us and let us know and we will place you on the mailing list. If you do not have email, you can check the website in early July 2014 for the announcement that the catalog is online.

Website: www.lifespringsaugerties.com

Email: lifespring.saug@gmail.com

Phone: 845 246 2800 ext. 452

SPRING2014**Course Registration Form**

LIFESPRING
SAUGERTIES ADULT LEARNING COMMUNITY

The membership fee for Fall 2013-Spring 2014 is \$60. There is no fee due for those who registered in the fall.

We are sorry but we have reached the maximum number of members we can accommodate this year and are therefore unable to accept new members for the Spring 2014 semester.

Mail to:
Lifespring: Saugerties
Town Hall 4 High Street
Saugerties, NY 12477

PLEASE **PRINT** YOUR INFORMATION **CLEARLY**.

Name	
Address	
City	State Zip
Phone	Email

Check if there is a change in your contact information _____

Registration will close on FEBRUARY 19, 2014. We cannot honor any registrations that are postmarked after February 19, 2014. **Additional member registration will be accepted, space permitting, on the first day of classes only.**

PLEASE WRITE 1 and 2 FOR **EACH** TIME SLOT FOR YOUR FIRST AND SECOND CHOICES.

You will be placed in either your first or second choice. If you do not put down a second choice, you may not have a course for that timeslot.

Wednesday Morning 9:30-10:45	A-1	A-2	A-3	A-4
Your choices 1 and 2 on this line				

Wednesday Morning 11:00-12:15	B-1	B-2	B-3	B-4
Your choices 1 and 2 on this line				

Wednesday Afternoon 1:15-2:30	C-1	C-2	C-3	C-4
Your choices 1 and 2 on this line				

BONUS COURSE 1 – MORNING T'AI CHI (8:15) Check if you want to take this course _____



LIFESPRING
SAUGERTIES ADULT LEARNING COMMUNITY

SPRING2014 Course Catalog

Classes are held at the Woodstock Jewish Congregation
(Unless otherwise noted)

LIFESPRING
TOWN HALL
4 HIGH STREET
SAUGERTIES, NY 12477