



# Lifespring NEWS and VIEWS

## About LIFESPRING NEWS & VIEWS



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Banner photo from website of the  
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Now that winter is officially here, we'll all be contending with a myriad of winter issues – many of us will experience SAD (seasonal affective disorder) or get the “winter blues,” or at the very least have to deal with shoveling, snow blowing, staying upright on icy sidewalks, and a host of other challenges that we all know too well.



Wow, that sounds really dreary. However, there may be an antidote. As the athletes among us know, one way to help counteract the pall of winter is to get some exercise and to have some fun while doing it.

I'm a big believer in “how you hold it is how it is,” and what that means is that attitude is everything, especially when it comes to exercise. As a lifelong wuss, I've never been one for either exercise or sports, but my recent enrollment at a local gym may be making a convert of me. I'm not saying that I love getting myself there, but four months into this regimen has made me noticeably stronger and more flexible, and also made me believe that I, the self-proclaimed wuss, can do it.

This January issue of *News & Views* has a focus on Lifespring's *Let's-Get-a-Move-On* initiative, from highlighting the team effort that's created the initiative to offering ideas for winter exercise both indoors and out. In this period of New Year's resolutions, now may be the perfect time to move forward on long-postponed good intentions.

Other articles include our Presenter Profile featuring economist and performer, Andy Weintraub; a Message from the President, where Susan Puretz discusses the importance of volunteers to our organization; and a new feature, Poetry Place, edited by Esther Rosenfeld, which each issue will feature another Lifespring poet. There are also photographs of WINDOWS, selected from the many worthy submissions received for this issue's photography theme. Also, look for tips about getting into the federal and state parks for free or reduced prices, check out the Library Corner and ArtWorks preview, and see if you can guess the Mystery Photo. Remember to write and let us know if you have any comments or suggestions for future issues. Stay warm and cozy.

Susan Greenstein, Editor  
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## *A Message from the* **PRESIDENT**



It seems to me that winter brings out the bear hibernating within us. Many of us hunker down in our abodes--venturing out only now and again. It's a nice time to recharge our batteries.

However, part of recharging our batteries can and should include a new year's resolution to be more active. That can mean being more physically active and getting your body to *Get-a-Move-On*, or venturing out to attend a Lifespring Winter presentation or other special event in order to get your brain's synapses firing, all good resolutions.

During this winter period, I continue to think about how to engage more of YOU in the behind-the-scenes operations of Lifespring. For many of the volunteers who make Lifespring successful, committee work begins anew, after a short holiday break, as we prepare for the spring and fall semesters and this coming summer's ArtWorks event. I worry about burn-out among some of the more active and committed volunteers. All volunteers need reinforcements and the energizing knowledge that others are stepping up to the plate to help.

So, when a Lifespring note reaches your inbox asking for volunteers for a committee or a particular task like being a class manager, stop a minute and think about pitching in. As you know, we are an all-volunteer organization and only all of us, working together, can keep the organization healthy and successful. Plus volunteering is fun and rewarding in so many ways – just ask anyone you know who already volunteers and they'll assure you of this.

As I write this column, I look outside and still see some green and a lot of brown, but I remember seeing the beautiful white snow on Thanksgiving Day. I am very much aware of how many boxes I checked off on my *Let's-Get-a-Move-On* record card as my body told me about the shoveling, lugging the generator out from inside the garage, and of course pulling the generator cord many times to get it started. Although the snowshoes and skis are now calling out for use, and have been taken from storage and are at the ready, I admit that I wouldn't mind a mild winter. Wishing you all a healthy and productive New Year!

**Susan Puretz**

*JUST A LITTLE  
Reminder*

February 18, 2015 Registration form and materials fees (if any) are due.

April 15, 2015 Spring semester begins.

## LIBRARY CORNER



Did you ever notice the fascinating wall-mural at the Saugerties Public Library? It was created by Saugerties artist, Brian Lynch, specifically for the ground floor hallway between the Children's section and the Community Room. This mural, 5 feet x 21 feet in size, was created in connection with Lynch's show, *Images from Everyday Life*, and

it is collaged from various Lynch works. In the mural, you can see many scenes and people depicted in Lynch's unique style – a style that generates empathy for the human condition.

The Saugerties Library has an ongoing exhibition program highlighting area artists. For more information about current exhibits, the Sculpture Garden, and other Library programs, check out their website at: [www.saugertiespubliclibrary.org](http://www.saugertiespubliclibrary.org)

In other news from the Library, they now have a *Roku* streaming media device available for loan. With subscriptions to Netflix and Amazon Prime, the Roku streaming media device gives you on-demand access to thousands of movies and television shows. The *Roku* is easy to use, can be set up in minutes, and no technical skills are needed. To use the Roku at home, you do need an Internet connection and Wi-Fi. Contact the Library or drop in for more information.

Susan Davis

*A library outranks any other one thing a community can do to benefit its people. It is a never failing spring in the desert.*  
Andrew Carnegie



### JUNE BOOK (AND CRAFTS) FAIR

Since early in Lifespring's history, we have enjoyed a very supportive relationship with the Saugerties Public Library, which has served to enhance many of our programs.

This year, for the first time, we are collaborating with the Friends of the Saugerties Library at their annual June book fair, where thousands of books are arranged and organized for purchase, all for very low prices, at the Ice Arena.

At this year's book fair (and we hope for many years to come), Lifespring artists and artisans will play an important role offering a variety of handmade objects for sale. Watch for more information in your inbox and in the newsletter in upcoming months.

Arzi McKeown

## MYSTERY PHOTO — WHAT IS THIS AND WHERE IS IT?

Photo: Peter Roberts



A familiar Saugerties structure, this building has been in Saugerties a very long time (think in hundreds of years) and is intimately connected with the history and economy of our area.

Hint: it is located on the Woodstock and Saugerties Turnpike (a road traveled on frequently by many of you but known by a different name).

Scroll down to find the answer.

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### Answer to WHAT IS THIS AND WHERE IS IT?

This structure is the **Jeremiah Russell Turnpike House** located on the north side of Rt. 212 in the hamlet of Veteran. Part of the original site of the first established commercial bluestone-quarrying operation in Saugerties in 1834, this “stone dwelling house” is mentioned in an early deed, which also refers to the Woodstock and Saugerties Turnpike, now Route 212.

The deed shows the Turnpike House as being part of the VanValkenberg Farm. The *Town of Saugerties Historic Resources Survey* of 2005, states, “...since both the turnpike and the quarries were operated by Jeremiah Russell, it is surmised that this house was originally a business structure serving as a store/bank/pay office for the local workers and traffic.” Jeremiah Russell (1786 - 1867) was a noted Saugerties businessman and investor.

As you can see in the photograph, the house is now in a highly distressed condition.

**Susan Puretz**



## *Photo Op*

In November we announced a new *News & Views* section featuring photographs from our members. Each issue of the newsletter will highlight a particular theme – the January issue features WINDOWS. We received many wonderful photos that represented different ways to look at WINDOWS; some looked out from within, some looked in from without, and some depicted the window itself as a piece of art.

We've chosen 4 from among the many images capturing realism, expressiveness, and feeling. You will find them throughout the issue. Thanks to all who participated!

The theme for the May 2015 issue is **LIGHT**. If you'd like to submit for the May issue, here are the Guidelines: You may submit up to 2 photos. Each photo should be titled. The photo may be black and white or color. Please send all submissions to Arzi at: [moonchild246@yahoo.com](mailto:moonchild246@yahoo.com)



*PHOTO OP SELECTION*  
*EMPTY TABLE*  
STEVE ZWICKLER

*There are always two people in every picture: the photographer and the viewer.*

Ansel Adams





## SPOTLIGHT ON THE *LETS-GET-A-MOVE-ON* TEAM



In the last issue of *News & Views*, Susan Puretztalked about the evolution of the Lifespring *Let's-Get-a-Move-On* initiative and described how it had grown out of her own lifetime commitment to physical exercise. From an initial, informal activity program with a reward T-shirt to the 2013-2014 100-Mile Challenge to this year's *Let's-Get-a-Move-On* initiative, Susan's vision is helping reshape our attitudes and interest in Movement, with a capital M.

Here, she shares more about her thoughts on physical activity and her admiration for the *Let's-Get-a-Move-On* team and the work that they're doing to inspire and motivate each and every Lifespring member to participate in some kind of Movement, again with a capital M.

With a good dose of humor, Susan notes that she thinks she owes us all an explanation about why she and the *Lets-Get-a-Move-On* team are bugging us with these messages about moving. She says, "It all started because pre-retirement, I was a Health and Physical Educator, and I was one who practiced what I preached. Since I continue to do so in my own life, I wanted to share this important passion with Lifespring members."

After the 100-Mile Challenge, for which 50 Lifespring members signed up and 27 earned a Challenge T-shirt, Susan began to think about next steps. This led to the formation of a team to make recommendations on moving forward with some kind of motivational exercise initiative that would attract more participation from our members.

Susan describes her surprise when the team members mutinied. "The team believed that our goal should be to motivate everyone, including those members who needed a push to get moving, not just those already inclined to doing physical exercise." "Suddenly, the entire focus changed. Our goal became one of education and persuasion. No sign-up needed; all Lifespring members were automatically part of the program. A minimum of 15 minutes of moving (any movement) enabled you to check off a box. The goal for all was at least 15 minutes of activity daily!"

It's clear that the 9-member team, which includes Rand Felton, Bob Fox, Linda Hackett, Barbara Kaisik, Matt Ostoyich, Laura Phillips, Annette Zwickler, Steve Zwickler, and Susan Puretztalked, is passionate about getting us all involved in the *Let's Get-a-Move-On* initiative and helping us all succeed. We spoke with several of the team members to find out why they care so much and what role physical activity plays in their lives.

**Annette Zwickler:** "Although I'm not an exercise enthusiast, I just know it's good for you, and you can feel better after you do some sort of exercise. I started to go to the gym when I retired two years ago; my routine there is to use the recumbent bike to warm up, then I use whatever machines strike my interest, and finish up with the treadmill. Last year's challenge did force me to up my efforts and take notice of what I'm doing.

(Continued on next page)

"I got involved in this team because I thought the 100-Mile Challenge left out a lot of our members. So I wanted us to do something that anyone could do and that would let our members know the importance of moving and that it doesn't have to be a major time commitment, and any sort of movement counted."

**Linda Hackett:** "All my adult life I have realized that exercise is very important to my physical and mental well being. I especially enjoy hiking, kayaking, and dancing. I joined the *Let's-Get-a-Move-On* team because I want to spread the good word that whatever way a person is able to participate in exercise is beneficial! "

**Steve Zwickler:** "I'd say that getting some exercise is probably the cheapest and most enjoyable medicine there is. It doesn't necessarily take much out of you and makes you feel better. I'm pretty sure I read in the New York Times that it's the closest thing to the fountain of youth anyone ever found. Well, it's not quite that, but it might be the best people can do."

**Rand Felton:** "I became more physically active during my late sixties and continue now at seventy. In the process, I had learned a fair amount about overall wellness and therefore felt I could provide some useful suggestions for the *Let's-Get-a-Move-On* team. An obvious but important suggestion is to find a form of activity that you truly enjoy and, if possible, do it with a friend for additional enjoyment. As a bike riding nut I know this to be true. My late friend, Doug Blair, an original committee member, always filled our rides with hours of laughs and good conversation."

If you're now properly motivated and are ready to get moving on some physical activity, or if you're already motivated and are looking for some good exercise ideas, check out the related article, *IDEAS FOR WINTER PHYSICAL ACTIVITIES* by Susan Poretz.

**Susan Greenstein**



*PHOTO OP SELECTION*  
*CONSERVATORY, STONECROP GARDENS*  
HARVEY GREENSTEIN



## IDEAS FOR WINTER PHYSICAL ACTIVITIES

Are you experiencing cabin fever? If so, winter activities can help you deal with it. Not only is winter exercise beneficial but, more importantly, it will make you feel so much better when you do some activity. The purpose of this column is to give you some suggestions to get you moving, and they go from the easiest and work their way upwards.

### EXERCISE AT HOME

In the warmth and comfort of your abode, here's an exercise regimen that can be done with or without equipment.

**Without equipment:** You can do stretching; use found-in-your-cupboard weights, such as food cans, sugar or flour bags; and add some cardio stuff such as walking in place or walking up and down the stairs. Check out U-tube or exercise DVD's for yoga or general workouts and follow along or create your own routine.

**With equipment:** Use your stationary bike, elliptical, or treadmill for their intended purpose and not as an alternate clothes hanger.

### EXERCISE OUTSIDE THE HOME

**Join a local gym** and take classes in Pilates or yoga or stepping or spinning, or any sort of movement. Some Medicare policies offer free gym membership at our area fitness clubs.

### WALK OUTDOORS

Under the auspices of the *Let's-Get-a-Move-On* initiative, Laura Phillips hosts a walking group in Saugerties Village—for more information contact her at: [lauraphillips4g@gmail.com](mailto:lauraphillips4g@gmail.com)

Organize your own walking group, with friends, closer to your home, if Saugerties is too far.

In inclement weather, malls are good walking places; try the Hudson Valley mall on Rt. 9W in Ulster.

### OTHER ACTIVITIES

For fun outdoor activities, try snowshoeing or Cross Country Skiing. If you did these when you were younger, you should have no trouble now. If starting for the first time or after a long hiatus – go slow!

Winter Hiking and/or Easy Walks: Check out these websites for schedules and other information about levels of difficulty.

Catskill Mountain Club:

<http://catskillmountainclub.org/events/category/upco-ming-events/>

NYNJ Trail Conference: <http://www.nynjtc.org/>

Rip Van Winkle Hikers –Saugerties based:

<http://www.newyorkheritage.com/rvw/aboutus.html>

Or walk at the Ashokan reservoir where there are two main walking routes, for pedestrians and bicycles only, accessible off of Route 28A.

Or visit the Rail Trail that runs along Route 209 starting just south of Old Hurley.

Whatever exercise you choose, it will make you feel better and definitely help to fight the winter blues.

Susan Puretz





# Why?

## WHAT IS SHARED INQUIRY™ AND WHY ARE WE OFFERING A SHARED INQUIRY™ SHORT STORY COURSE THIS SPRING?

As you read through the Lifespring Course Catalog for spring 2015, you'll notice a course on Science Fiction Short Stories offered in the first period. The book that's being used for the course is *The Science Fiction Omnibus*, one of many anthologies of both fiction and non-fiction published by the Great Books Foundation, the organization that has developed the shared inquiry method.



The curriculum committee of Lifespring is hoping for two results from including this course in our set of courses: the first hoped-for result is, of course, an enjoyable and stimulating experience for all participants, and the second hoped-for result is that some of YOU will be motivated to become facilitators of other Great Books Discussion courses in future semesters.

I have volunteered to lead this first shared inquiry course on Science Fiction Short Stories based on my experience in two short story courses led by Laura Shulman, which some of you have enjoyed in past semesters. In these courses, Laura used many of the precepts of the shared inquiry process, and as a member of the curriculum committee, Laura enthusiastically supports the idea of including a shared inquiry course each semester. The qualifications for being a leader of a shared inquiry course are enthusiasm for a topic and an ability to facilitate a discussion group. Since no teaching experience is needed to be a leader/facilitator of such a course, it offers an opportunity to those of us who may be interested in a new way to volunteer for Lifespring.

The shared inquiry method centers on interpretive questions that act as a jumping-off point for discussion. It relies on a very short set of "rules" or guiding principles:

- Everyone reads the story at least twice, prior to class, and takes some notes
- Everyone listens respectfully when others speak
- Everyone makes their points based on examples from the text itself (not from one's own life)
- Everyone supports their opinions with examples from the text
- The leader facilitates the discussion and helps to guide the exploration of the text

If you enjoy exploring good fiction, thinking about it carefully, and then participating in an open-ended discussion, you may find the shared inquiry method as stimulating and rewarding as I do. Perhaps you'll take the Science Fiction Short Stories course and see for yourself!

**Susan Greenstein**

Congratulations to the 4  
PHOTO OP photographers  
chosen for the WINDOWS  
theme:

Nora Adelman  
Harvey Greenstein  
Gayle Schumacher  
Steve Zwickler



**PHOTO OP SELECTION**  
**LOOKING OUT**  
**GAYLE SCHUMACHER**

*At times our own light goes out and is rekindled by  
a spark from another person. Each of us has cause  
to think with deep gratitude of those who have  
lighted the flame within us.*  
~Albert Schweitzer



## *Presenter Profile:* **ANDY WEINTRAUB**



Economics professor, expert trial witness on labor issues, magician, a theater actor, producer, director, and set designer, and a founder of the CENTER for Performing Arts at Rhinebeck, Andy Weintraub has many passions, but to him they all relate to the art of performance. As he says, “I’m a performer whether I’m teaching economics or testifying as an expert witness, or taking a role in a play, or doing magic for kids or adults – I’m connecting with the people, creating entertainment, or a laugh, or a sense of wonder.”

He admits that he’s not sure where this all came from except that from the earliest age he was right there in his father’s busy luncheonette in Newark, NJ, “sitting on the floor by the cash register when I was little, then when I

was tall enough to reach I could make the sodas,” but always around people and interacting with the customers. Andy laughingly says that although he was shy, his father told him, “You do this right, you’ll get tips,” and that spurred him on.

### **On Teaching Economics and Becoming an Expert Witness**

“I always had a good mind for mathematics; I wasn’t enthralled by it, but I did well. In college my advisor suggested that I take an economics course; I did, and then took another and before I knew it I was majoring in it, and then I just kept going, even taught a bit in graduate school and found that I enjoyed being in front of a group. And it was teaching that really made me learn my subject; the preparation is so extensive that I came to develop an intuitive understanding that I didn’t have before.”

Andy taught economics first at Lehigh University and then at Temple University in Philadelphia, and it was when he was teaching at Lehigh that the opportunity to testify in court first came up. “A lawyer called my department chair to ask for someone to review a case and to testify in court. This was in the area of labor issues, which was my area. While I was testifying that first time there were other lawyers in the courtroom, watching the testimony. The next day, I got phone calls, lawyers looking for me to testify in other cases. I guess I was just there at the right time.”

### **Moving to Rhinebeck and the Genesis of the Center for Performing Arts**

“We moved to Rhinebeck in 1982 when my wife Linda accepted a position as director of the Edith C. Blum Art Institute at Bard College. For the next 17 years I taught Tuesdays-Thursdays and made it up to Rhinebeck in time for dinner Thursday night. It was then I first became involved with community theater, getting the role of the Padre in *Man of La Mancha*, and I’ve been active in the local theater scene ever since.”

(Continued on next page)

Then in 1986, Andy and several other like-minded people formed the Rhinebeck Theater Society. They got permission to use the Rhinebeck Town Hall for their productions, and they continued to put on plays in different locations – churches, the Morton Library, even a big, empty building that was being renovated. However, moving from place to place was too challenging, Andy says. “We were spending so much time and energy on moving the sets, we started looking around and found a piece of land and we bought it; we formed a board of directors, and my late brother, Harold, a microbiologist, contributed the money to buy the land.”

What followed were four years of summer programs under a tent, a growing organization, and then building a permanent home for the performing arts, which opened in July of 1998.

Now, sixteen years later, the CENTER for Performing Arts at Rhinebeck offers a year-round schedule of plays and special events with offerings that appeal to a wide range of theater tastes; running for three weeks in January will be the Sondheim musical, *Sunday in the Park with George*, with Andy as director. Check out the website for more information about this great cultural resource at: [www.centerforperformingarts.org](http://www.centerforperformingarts.org)

### And Where Does Magic Come In?

“My uncle did magic tricks and every time he came over on a Saturday night, he’d show me a trick. One day he showed me a trick using a pitcher of milk and a newspaper. He rolled the newspaper into a cone and poured in the milk and then crushed the paper and the milk was gone.

I looked carefully at the pitcher and I realized how the trick was done. I still have that trick.”

“My mother would take me to Tannen’s Magic Store in Manhattan. All the magicians would hang around there and they’d see a kid and call me over – pick a card or see this ball. It was the beginning of performing for me. I’d perform for family and for the kids playing outside on the street, and eventually I started doing magic shows in the backyard. When I went to summer camp, every Saturday night a different bunk would put on a show, and I’d do my magic act.”

In the upcoming spring semester, Andy is going to be teaching a magic course, **ABRACADABRA! Magic for Children of all Ages**. Andy is really clear in his belief that, “Doing magic tricks is a great way of connecting with grand-children; right before their eyes you can produce a miracle. In the current world it’s harder to establish a personal connection with children, but showing a magic trick to a kid who thinks he or she knows everything, it’s apparent right away that the child gains a new respect for you.”

Now that’s magic!

Susan Greenstein

Library 1936



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### LIBRARY ANNIVERSARY

**Did you know** that this year, 2015, is the 100th anniversary of the construction of the Saugerties Public Library?



## A Travel Tip



### DISCOUNTS AT AMAZING PARKS

We all remember hearing Pete Seeger singing, “This land is your land, this land is my land, From California to the New York Island.” Many of us have enjoyed visiting our national, state, and local parks, and now that we have more leisure time, many of us continue to pursue the pleasures of traveling throughout this country and this state to enjoy the beauties of our magnificent natural and historical landscapes. Some of you may already know about the special benefits accorded to senior visitors at these parks, but if not, here are two terrific discount opportunities you may want to check out.

#### America the Beautiful – The National Parks and Federal Recreational Lands Senior Pass

For a one-time fee of \$10, any U.S. Citizen or permanent resident age 62 or over may obtain a **Lifetime pass** that provides access to more than 2,000 recreation sites managed by five Federal agencies: the National Park Service, Fish and Wildlife Service, USDA Forest Service, Bureau of Land Management, and the Bureau of Reclamation. Locally, the Roosevelt and Vanderbilt sites are included, as well as several others that are in the broader area. Passes may be purchased at specific sites or ordered by mail for an extra fee of \$10. Park entry does not guarantee reduced rates for tours, special events, recreation programs, or special events.

For a list of guidelines and information, visit the website at: <http://store.usgs.gov/pass/senior.html>

#### New York State Golden Park Program

Although not as comprehensive as the federal senior pass, this free vehicle access to most NY state parks and recreation facilities might be of interest. North/South Lake and Minnewaska State Park Preserve are included on the list! No pass is required—just a driver's license or other ID proving residency and age. Free entry is for non-holiday weekdays only.

Learn more about the program including a list of NY State regions and parks at: <http://nysparks.com/admission/golden-park-program.aspx>

Susan Davis



### OPUS 40

**Did you know** that in 1939, Harvey Fite purchased the Ben Myers quarry where over a period of 37 years he created the monumental world-acclaimed 6½ -acre bluestone sculpture now known as **Opus 40**?



## POETRY PLACE



Welcome to the very first edition of Poetry Place. Our plan is to feature one poet in each issue, and thanks to all of the members who submitted their poems, we now have enough to last for quite some time. For each issue of *News & Views*, the poetry editor will be calling the featured poet to get information for a brief bio to go along with the poem or poems. I know you'll enjoy reading these poems as much as I did when I received them.

And now, on to our first featured poet – **Faith Fury**.

Faith is a retired elementary school teacher, who has written poetry since she was 12 years old. As so many retirees do, she now has the time to hone her craft and take writing classes. The following two poems reflect Faith's feelings about her father, who she says was a deep thinker, but felled by Alzheimer's disease, and spoke simply about what he was experiencing. Faith recalls that when she drove him to his doctor's appointments, he would speak with her about how nice the sun-warmed seat felt.

Her father was an avid gardener before he developed Alzheimer's disease, and Faith notes that after his death the vines he had planted continued to grow, which she sees as a memento of his enduring love.

**Esther Rosenfeld**

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### **On Driving Dad**

By Faith Fury

You said you liked the way  
the heat from the seat warmed you and  
when I let you out—  
You left an imprint for a time...  
I watched it plump back to shape;  
the air filling the spaces of  
where you'd been and  
I wondered  
if that's the way it will be—after...?

### **An Epistle for Dad**

By Faith Fury

just three lone posts stand now  
dressed in rambling vines  
guarding your sacred garden place  
  
yet, through the morning mist I can see  
lanky stalks and  
crook'd tomato poles and  
you  
kneeling between the rows in  
a missive of love



## ANTICIPATING THE WINTER LIFESPRING CONTINUES!

Wondering what you can look forward to at Lifespring this winter?

### ***WINTER PRESENTATIONS***

Mark your calendars for *Winter Presentations* on Feb. 4, and Mar. 4. The Feb. 4 presentation will offer the viewing of the film *Bordering On Treason*, the amazing story of Lorna Tychostup, a local single mother and photojournalist who traveled to Iraq continuously for nine years to put a human face on a horrific global tragedy. After the film, Lorna will discuss her experiences and the struggles and triumphs of the Iraqi people.

Watch for the flyer about the March Winter Presentation – to be announced soon.

## INTERESTED IN VOLUNTEERING? VOLUNTEERS ALWAYS NEEDED

As an all-volunteer organization, we are always in need of member participation! If you are thinking about becoming more involved, please check out our various committees: Audio-Visual, Services (aka Hospitality), Curriculum, Membership, and Registration, as well as the Class Manager, Catalog, and Newsletter teams.

Each semester before classes begin, we put out a “**Call for Class Managers.**” If you are interested, email us at that time at: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)

If you are interested in learning and working the latest technology and being a part of the **Audio-Visual Team**, email Fran Jacobson at: [fjacobson529@gmail.com](mailto:fjacobson529@gmail.com)

The **Services Team** (hospitality) may be at its maximum at the moment, but if you’d like to be on the team in case someone drops out or if you’d like to be a “stand by” in case someone is absent, email Marjory Greenberg-Vaughn at: [marjory.g.vaughn@gmail.com](mailto:marjory.g.vaughn@gmail.com)

If you are interested in being a part of the committee that finds presenters, arranges, coordinates, and produces courses, you might like working with the **Curriculum Committee**. Contact us at: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)

If you have a skill that you think might be of use or if you are interested in doing “something,” just contact us: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)

COMING SOON! *ArtWorks 2015*



Another great reason to look forward to summer is **ArtWorks**, the one-day creative-arts event that Lifespring presents for the local area community. **Artworks** is open to everyone, at all levels, from beginner to accomplished artist or craftsperson. Through Artworks, participants spend a full day in the company of other like-minded people; you can

take a workshop in an art form that's new to you, or you can immerse yourself more deeply in an art form you already practice. There will be workshops in the visual arts, movement and dance, music and singing, theater and improvisation, and creative writing.

One of the goals of **Artworks** is to encourage everyone to pursue more art making.

Lifespring supports the concept that there is a beneficial relationship between a person's well being and their creativity and artistic activity. In fact, it is now widely recognized that creativity enhances quality of life and contributes to healthy aging.

**ArtWorks** will be held on Wed. July 22, 2015 from 8:00 am to 5:00 pm. In addition to the opportunity to take 2-3 workshops, registration includes a continental breakfast, lunch, and opening and closing ceremonies.

The **Artworks** brochure, with detailed information, will be previewed to Lifespring members in early April. Since registration is on a first-come, first-served basis, this will give all Lifespring members the opportunity to register **before** the brochure goes out to the general public in our area.

**Arzi McKeown**

*It is the function of art to renew our perception.  
What we are familiar with we cease to see.  
The writer shakes up the familiar scene, and,  
as if by magic, we see a new meaning in it.  
-Anais Nin*





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"What day is it?"  
It's today," squeaked Piglet.  
My favorite day," said Pooh."  
~ A.A. Milne