

**APPROVED MINUTES OF THE MEETING  
LIFSPRING BOARD OF DIRECTORS  
FEBRUARY 9, 2**

**PRESENT**

Susan Poretz, President

Natalee Rosenstein, Vice President

Maureen Bybee, Secretary

Peg Nau, Treasurer

Laura Phillips, Registrar & Task Force for Online Learning

Diane McDowell, Member at Large and Co-Coordinator Curriculum

Maureen Huben, Member at Large and Events & Services Co-Coordinator

Norm Bowie, Member at Large

Lucy Stagich, Member at Large

Colleen Greco, Events & Services Co-Coordinator

Susan Davis, Membership Coordinator

Susan Krompiew, Program Support Coordinator

Lee Gable, Ad Hoc Class Manager Coordinator

Leeanne Thornton, Lifespring Member and Saugerties Town Board Liaison to the Senior Education Commission.

Rich Davis, AV Coordinator

Meeting called to order by Susan P. at 9:31 a.m.

**A. Minutes:** Approval of Minutes of January 12, 2021

**MOTION:** Peg moved and Lucy seconded that we accept the Minutes of the January 12, 2021 meeting.

**APPROVED** unanimously with no discussion.

**B. President's Report and General Updates:**

- a. Susan P. reported that there is no news about the LS hearing loop donation to Saugerties Library. She contacted Andrew Maayan at WJC who says their loop is not used. Susan asked Julie Dunn, the Town Treasurer, about the LS donation to the Town to support creation of an archival room. The money remains set aside in the Saugerties Town Account. Peg has deducted the \$1,000.00 donation from the LS accounts.

- b. Policy Question

**MOTION** made by Susan Poretz with a second by Maureen H that in order to standardize the procedure for producing flyers for Lifespring, either a LS program or event, all requests for flyers will go through the LS Publications Coordinator.

**PASSED** unanimously with no questions or discussion.

**C. Board Reports:**

- a. Registrar's report (see attached Board reports) Laura asked for authority to send the questionnaire proposed in the report to all LS members. Laura noted that the questionnaire has been reviewed and edited by Susan Greenstein with minimal changes. In the list of possible interest areas, the topic of literature classes will be added. Laura hopes to send the questionnaire shortly in order for it to be most useful. The questionnaire was approved for distribution by consensus of the Board.
- b. Events and Services Committee (see attached report)
  - i. Maureen H discussed the idea of a Coffee with Lifespring event on Monday, February 22 or March 1 rather than a lunch time program as an experiment. Maureen H suggested a time of 45 minutes with breakout rooms if needed. By consensus the Board supports a Coffee with Lifespring event on March 1.
  - ii. Colleen is expecting a positive response from Andy Weintraub regarding the specific date for his participation as our guest performer at the end of the Annual Meeting.
  - iii. Colleen extended her thanks to Laura, Susan P and Susan D for their contributions to the planning for the meeting with Nathan Brenowitz regarding his upcoming class.
- c. There were no questions regarding the Treasurer's report or any other attached report.

**D. Old Business**

- a. Regional LLI update. Laura reports that there will be no further regional meetings at this time. Susan Davis reminded the Board that the list of those LLIs in attendance and the reports from the last LLI Regional meeting in November 2020 are now in the Lifespring vault.

**E. New Business**

- a. Nominating Committee's report (see attached) Laura notes that the committee is looking for suggestions for one additional candidate for an At-Large Member. The committee also suggests sending a request for self-nominations or nominations by other members for Board positions through an informational letter to LS members. The Committee would then review all nominations to create an approved slate by April 9. Without dissent, the Board supports these activities by the Committee. The Committee will seek the Board's approval of a method of voting at a future Board meeting.
- b. The Moving Forward Committee's report was provided by Norm.
  - i. Membership – See the attached report. Norm reviewed the Committee's thinking about membership concerns.  
**MOTION** by Norm with second by Peg that all members both existing and new Spring semester members come into Lifespring on an equal footing with all the same rights and responsibilities of

membership going forward.

**MOTION** carried unanimously.

- ii. Classes for fall – Norm noted that we still do not have sufficient information to make predictions for the form of our fall classes. The Committee asks Susan P., and she agrees, to seek information from WJC regarding their plans for reopening their building.
- iii. Poll of the Membership – the recommendation of the Committee (see report) for a poll of the membership will be carried out through the questionnaire discussed earlier in this meeting which will be sent by Laura as Registrar.
- iv. Volunteers – The Moving Forward Committee has these recommendations (See report):
  1. The Spring Catalog include a description of volunteer opportunities and the Google registration form include a check off space to volunteer.
    - a. Susan Davis expressed concerns about whether we have the time before publication to include detailed information about volunteer opportunities. She also recommends that we target those who are new members.
  2. It is recommended that we hold a Zoom meeting in March which would be a general informational discussion about “What is Lifespring” as well as presentations about the work of different committees and their volunteer needs. Natalee spoke with eloquence and passion about the importance of sharing with members new, old and prospective, the spirit of Lifespring beyond its educational purpose in order to inspire commitment as an actively involved volunteer to the Lifespring community
    - a. The MFC further proposes that the Board appoint a sub-committee to plan this meeting.
    - b. Discussion of who would be appropriate for the planning subcommittee followed.
    - c. Appointees by Susan to the subcommittee for planning a March informational meeting P are Laura, Susan D, Diane, Susan K, and Natalee who will serve as convener.
    - d. Board Members contributed ideas for how to best recruit volunteers and which committees might be most in need.
- v. The report concluded with the MFC heartily recommending a summer vacation for the Task Force.

Laura moved to adjourn. Colleen seconded the motion.

Motion was approved unanimously

Meeting adjourned at 10:35 a.m.

**NEXT MEETING:**

March 9, 2021 (by Zoom)

**FEBRUARY 9, 2021  
AGENDA:**

**A. Minutes:** Approval of: Minutes of January 12, 2021

**Note:** Format for the meeting will be changed. We will skip most of the Reports and focus on specific Old and New Business items.

**B. President's Report and General Updates:**

1. Updates
2. Policy Question

**C. Board Reports: (see NOTE\*)**

1. Registrar's report: Questionnaire (see Board reports pages 9-11)
2. Events and service committee
  - a. Lunch
  - b. Annual meeting and Andy

**D. Old Business**

1. Regional LLI update

**E. New Business**

1. Nominating Committee's report
2. Moving Forward committee
  - Membership
  - Classes for Fall
  - Volunteers (and appointment of planning subcommittee)
  - Summer Vacation for task force

**NEXT MEETING:**

March 9, 2021 (by Zoom)

**\*Note:** Reports (All listed below will be handled only by special request –i.e., if there is a question about a particular report)

- a. **SEC Chair Report**
- b. **Treasurer's Report**
- c. **Report from Registrar**
- d. **Reports from Committee Coordinators**

Curriculum Committee

Events & Services Committee

Membership Committee

Program Support Committee

**e. Reports from Ad Hoc Committee Coordinators**

Class Managers

AV

Publications

Task Force

**f. Report from Moving Forward Committee**

**Reports for February 9, 2021 Board Meeting**

**(Note: Blank spaces after a committee indicates that there was no activity and thus nothing to report)**

**PRESIDENT:**

1. Still doing general monitoring from afar of the various Lifespring committee activities. I can-not say this enough, but NOW I SAY IT FROM PERSONAL EXPERIENCE ... I give special and huge THANK YOU's to Laura and her Ad Hoc Online Task Force –whose presence was felt in all the successful activities that Lifespring has been involved in during covid-19.
2. I am still in the process of following up on the hearing loops and have now added another item to follow up on –the 1000 dollars that we gave the Town on April 22, 2020 to be earmarked for the planned archival room. Susan Puretz

**VICE PRESIDENT:**

**See report under Moving Forward Committee.**

**TREASURER:**

The updated Budget Worksheet is attached on the last page of the Minutes.

Peg Nau

**REGISTRAR and On-line Task Force Report**

Registration and On-line Taskforce Report for Lifespring Board Meeting February 9, 2021

Laura Phillips,

Registrar

There are 166 participants registered for the February Mini Courses on Feb 3 and Feb 10. Of that number, 100 are members, 64 were from the Interest List or guests of members, 2 were presenters. An additional 6 members said they were going to view classes with another member.

Spotlight on Ulster County	73
Armchair Adventures	80
Roaring 20s	98
Meditation	35

Because no single class surpassed the 100 maximum for our Zoom license, no add-ons were purchased for our 4 Pro paid accounts.

The taskforce met on January 11, 18 and 25 to prepare for the February mini-courses. Colleen Greco is hosting Spotlight on Ulster County History, Rich Davis is hosting Armchair Traveler, Carolyn Siewers is hosting Roaring 20s and Laura Phillips is hosting Meditation. In addition. Lee Gable, Laurie Silver, Dave Cartmell and Mary Felton are assisting.

The Lunch with Lifespring Zoom meeting on Jan 26 had 17 sign ups, with 12 attending, and utilized 2 breakout rooms.

On Thursday Jan 28 we held 2 Zoom How-To sessions. 2 signed up for iPads with Colleen, (1 attended), and 11 signed up for computers with Laura (7 attended).

I am currently making out a registration form for the April semester. Anyone signing up for a class must commit to becoming a member (no fee charged) for the April-July period. Unlike previous sign ups, members may not sign up a friend to receive the google form. We will automatically send out the registration form to everyone on the interest list offering the chance to sign up as members. In addition, anyone who wants to join the interest list can do so by going to the website [lifespringsaugerties.com](http://lifespringsaugerties.com) and sign up there.

At the Feb 9 meeting we will be discussing the Moving Forward Committee recommendation to send out an anonymous poll to members about their feelings about Zoom classes and/or possible in person classes. I am including a sample questionnaire that could be sent to Lifespring members to gauge their interest in signing up for Lifespring fall 2021 courses either on-line or in person, and what types of courses would interest them. Please examine this questionnaire before the meeting. If the recommendation is approved at the meeting, I would appreciate feedback from members of the board with corrections, suggestions, and additions.

Questionnaire is appended at the end of the Minutes on page 15.

## ***STANDING COMMITTEE REPORTS***

### **CURRICULUM:**

#### WINTER PRESENTATIONS

The final Winter Presentation (for March) will be: "D&H Canal: 19th Century Engine of Prosperity" by Bill Merchant. The flier is ready and will be sent out mid-February with a registration deadline of February 27.

#### **SPRING 2021 SEMESTER**

All 8 courses have been lined up as follows:

##### **Mondays**

9:30 a.m.

Opera as Politics: Women On Stage and Behind the Scenes with Chuck Mishaan

The Play's the Thing with Prudence Garcia-Renart

11:30 a.m.

Religion with Joey Hickok

Photo Talks on the History, Art and Culture of Ulster County with Stephen Blauweiss



**Wednesdays**

9:30 a.m.

Healthy You with multi-presenters

Shakespeare Twelfth Night with Rosemary Dean

11:30 a.m.

Strong Women, Strong Stories, Strong Storytellers with Gary Miller

Gentle Chair Yoga for Body, Mind and Spirit with Susan Blacker

**FALL 2021 SEMESTER**

There is still uncertainty about the format for courses in the fall. Zoom courses, small in-person courses or a combination of the two are possible. The Curriculum Committee has begun exploring topics for courses. If all courses are via Zoom, eight is the maximum number of courses that the Task Force can handle.

Diane McDowell

**EVENTS and SERVICES:****Part One: TREE WALK AND IDENTIFICATION:**

- aim for mid-May as most trees and native wildflowers in the Catskills don't start to leaf out until then
- they can provide more than one presenter at a time
- NYS COVID safety protocols for outdoor programs may have relaxed
- at this time, they do not have virtual tours
- they have access to other sites for flat terrain if needed.
- other topics they offer are native plants, invasive plants, or the reemergence of pollinators in the spring time
- length of time can be accommodated by them

Maureen H.

**Part Two:**

1. Annual Meeting: I spoke with Andy Weintraub and he's happy to perform his magic on the day of our Annual Meeting in the spring. I told him that the Taskforce will contact him in early April to begin setting up the details of the Zoom plan for his presentation.
2. Feb 24 Event: I contacted Nathan who is excited to be presenting his program entitled "The Musician Within" on Wed., Feb. 24 from 11:00 -12:30. I wrote up a class description for Susan P. et al to adapt into an email to notify members. Nathan is aware that the Taskforce will be contacting him in

early to mid-Feb. to plan the details of his Zoom presentation. I would like Connie Cuttle to create a flyer to accompany the email.

3. Lunch with Lifespring: Tuesday, Jan. 26. We had 17 sign up, but only 13 were present. Laura was the host and I was cohost. Susan K. greeted everyone and later thanked everyone for coming. We had two breakout rooms with Susan K. hosting one table with Maureen as her backup. Myrna S. hosted the second table with me as her backup. The participants enjoyed the forty-five minute social time and expressed that they would like to see another opportunity to get together for Lunch. Maureen and I will consider a date in March if that works for the Taskforce and the Board approves.

Colleen

### **MEMBERSHIP:**

Lifespring will be accepting new members for the spring 2021 semester. Currently there are 146 people on the Lifespring Interest List and we have been inviting them to register to attend Winter Presentations and the February mini-series. Many have attended. As we get closer to the release of the Spring semester catalog, we will be reminding interest list people and others that they have an opportunity to join Lifespring. Anyone wishing to take Spring semester courses must be either a current or a new member. Neither the current members nor the new members will be charged for a membership fee until the 2021/22 academic year. What that fee will be is still to be decided by the Board and may depend, somewhat, on whether we have an in-person (with rental fees), mixed, or an on-line program for the fall.

Lifespring has made a conscious effort to keep our membership informed and involved. In as much as it has been possible, we have tried to offer a varied program of courses, events, presentations, and publications (Newsletter & Catalog, WP Flyers) to inform and engender a sense of community and continuity for all of our members.  
Susan Davis

### **PROGRAM SUPPORT:**

Nothing to report

Susan Krompier

### **MEMBERS AT LARGE:**

### ***AD HOC COMMITTEES***

#### **AV:**

Nothing to report for AV. Focusing on Zoom.

Rich Davis

### **CLASS MANAGERS:**

I have nothing new to report.

Lee Gable

## **PUBLICATIONS COORDINATOR:**

### **Lifespring newsletter, *News & Views***

Gearing up psychologically to begin work on the spring newsletter, which will be online by the second week of the spring semester. Approximately.

### **Spring Catalog**

I am about to begin work on this. Diane will be sending me text, and also expecting new text for various sections from Laura and Susan D. Diane is waiting on two of the presenters for whom I am the coordinator, and in a bizarre turn of events, I cannot find two of the blurbs that I know were sent to me. I am searching my files and driving myself crazy. But it will all resolve.

### **Flyers**

Working now with Connie Cuttle on the March flyer with text from Susan D. This will be ready in a few days.

### **February Mini Courses Catalog**

The mini course catalog has been “published” online and was emailed to members, etc. It’s also up on the website as the latest of our catalogs.

### **Website**

The website is current. The mini catalog is up. All sections have been updated thanks to Susan D working with David Cartmell.



*Winter Brrrrrrr*

## **OTHER REPORTS**

### **SEC (SENIOR EDUCATION COMMITTEE)**

No additional report  
Susan Davis, Chair

**ON-LINE TASKFORCE REPORT FOR LIFESPRING BOARD MEETING**

SEE PAGE 1 Registrar's report

**MOVING FORWARD:**

Please note that all the action items are in bold face in the report

The Moving Forward Committee met on January 25th to consider issues related to four areas: Membership, Classes, Volunteers and non-Class activities. As a preface to the report below it needs to be stated that the committee had to address these issues in the midst of a fluid situation filled with unknowns and uncertainty. As such, all of our suggestions and recommendations may be subject to change. Note that all action items are in bold.

1. **MEMBERSHIP** After an extensive discussion considering many different aspects of membership including voting rights, fees, and possible age or location restrictions the MFC makes the following recommendation to the Board: **All members both existing and new Spring semester members come into Lifespring on an equal footing with all the same rights and responsibilities of membership going forward.**
2. **CLASSES** We all agree that it is too soon to know exactly what the nature of our Fall semester will be. The MFC did not reach a consensus about what the Fall semester would or could look like, although the consensus was either it would again all be via Zoom or possibly include some in-person classes. However, there are certain steps we recommend be taken so that the Curriculum Committee will be able to put together the class schedule by the end of April for members to receive a catalog and register by the end of August. These steps include: a) **Ask Susan P. to have ongoing communication with the WJC to find out what their plans/thinking is about when and how they might reopen.** b) **We recommend that a new poll be sent out to the entire membership after the February mini-session to inquire about members feelings about Zoom classes and/or possible in-person classes.** c) **If any in-person classes or activities are proposed Peg Nau volunteered to coordinate with the Town to make sure any insurance or other legal issues are considered.**
3. **VOLUNTEERS** Recruiting volunteers remains a strategic priority of Lifespring. We need to bring in more and new people to keep our organization vital. The MFC believes it is the responsibility of

the leadership of Lifespring to make volunteer opportunities inviting and accessible. The MFC recognizes that this task is more difficult when all contact is via Zoom. To this end we make the following recommendations: a). **The Spring catalog include a description of volunteer opportunities and the Google registration form include a check off space to volunteer.** b). **Hold a Zoom meeting in March which would be a general informational discussion about What is Lifespring as well as presentations about the work of different committees and their volunteer needs. The MFC further proposes that the Board appoint a sub-committee to plan this meeting.**

4. NON-CLASS ACTIVITIES The MFC has no recommendations at this time except to advise that the Taskforce would like to take well-deserved summer vacation.

Respectfully submitted by

Natalee Rosenstein, Vice President and Chair of the MFC

### **Nominating Committee report to the Lifespring Board meeting for Feb 9 2021**

The nominating committee of Susan Davis, Natalee Rosenstein, Lee Gable and Laura Phillips met on January 15, 2021. Laura Phillips was selected chairperson.

The terms expiring July 31, 2021 are:

Member at Large – Norm Bowie, Lucy Stagich

Vice President – Natalee Rosenstein

Treasurer -- Peg Nau

Only Norm Bowie has reached the term limits established in the bylaws of May 2019 (2 full terms for members-at-large and 3 full terms for officers).

It was decided to contact the others with expiring terms to see if they are interested in running again. Peg Nau, Natalee Rosenstein and Lucy Stagich have since been contacted and all have agreed to be nominated for the positions they currently hold.

Before selecting a candidate for the remaining slot, the committee would like input from the Lifespring Board regarding names of people they would recommend to fill the vacant position of member at large. At the February 9 board meeting, we would like to get your suggestions for possible candidates. You can also suggest someone by sending an email to one of the committee members. The person you suggest does not need to have previously agreed to be nominated.

We would also like to discuss with the board the idea of disseminating information about the duties of the officers and member-at-large positions to all members and asking if there is anyone interested in submitting their name to the nominating committee.

The committee will select a slate of candidates to propose to the board for approval. During a "live" annual meeting election, we would normally allow for nominations from the floor. Since that is not possible this year, we will send an email to members notifying them that they are allowed to nominate another member (or themselves) to appear on the final ballot in addition to the approved slate of candidates. The ballot will be sent to members in a Google form and will include a spot for a write-in candidate.

The notice of the May 19 annual meeting and the election needs to go out to the members by April 19 so the slate must be approved by the board on or before the April 13 board meeting.

Laura Phillips

## Questionnaire - Lifespring-Spring 2021

Lifespring has held classes on-line for all of our 2020-2021 academic year. We appreciate that many of you have entered into a new world of on-line learning and trust that these classes helped you to get through this difficult time when we cannot meet together in person. The Lifespring Board is constantly mindful of the need to enable and encourage as many of our members as possible to participate in our Lifespring Community. We realize that no one knows for sure when can meet together again in our physical space, but we are starting to examine the possibilities. Please help us to plan for the future by filling out this form. Your answers to these questions are anonymous. You may email [lifespringtaskforce@gmail.com](mailto:lifespringtaskforce@gmail.com) if you have any difficulties filling out this form or have any other questions. (You can click on the embedded link even if you have not submitted the form). You may also submit your thoughts and ideas to: [www.Lifespring.saug@gmail.com](mailto:www.Lifespring.saug@gmail.com) or use the space at the end of the questionnaire.

***Today's Date (xx/xx/2021 format) Please submit by February 28 2021 \****

***How would you describe your participation in Lifespring on-line classes and presentations. \****

- I have participated in one or more Winter Presentation and at least one class in both the Fall and February semester
- I enrolled in one or more Winter Presentations but not a semester of classes because I do not want to commit to attending a class for six weeks.
- I attended Fall or February Classes but no Winter Presentations'
- I attended only one six week class per semester because I do not want to spend too much time sitting at a computer. .
- I attended either a Winter Presentation or a Lifespring Fall class but did not enroll in the February classes because I found the technology was too difficult.
- I have joined a limited number of classes because I did not find topics in which I was interested.
- I did not enroll in anything because I have tried on-line classes and do not enjoy them.
- I did not participate at all because I did not feel I could learn how to use Zoom.
- I did not participate on-line because I do not have regular access to a computer or reliable internet

Other:

**Your relationship with Zoom \***

- I have my own personal Zoom account and use it to meet with others.
- I am confident using Zoom technology and controls such as CHAT and RENAMING yourself.
- I am always able to join a Zoom meeting without difficulty but would like more information about viewing options and controls
- I am able to "get by" using Zoom but sometimes have difficulty with my sound, video, or other Zoom controls
- I have never used it
- I have used it but do not think any class on Zoom is satisfactory.

Other:

**How would you describe the Lifespring Winter Presentations you attended. 1 being the highest rating, 5, being the lowest rating.**

1 2 3 4 5

Topics were informative and presented in an interesting format

I did not find the topics relevant and I was bored

**How did you feel about the Lifespring six week classes you attended - 1 being the most positive and 5 the least. This is not a comparison to "live" classes.**

1 2 3 4 5

They were a wonderful educational alternative in a time we could not meet

They did not work for me at all and I dropped out



***Looking ahead to the fall 2021 semester- \****

- I would consider enrolling in both on-line and outdoor in-person classes, depending on what is offered.
- I would consider enrolling in both on-line and inside in-person classes, depending on what is offered.
- I prefer only on-line classes due to difficulties with travelling, and the ease of viewing.
- I would not consider enrolling in any on-line class, even if there were no other offerings.
- If I have received the Covid 19 Vaccine, I would feel safe to return to indoor in-person activities or classes-if there were safe distancing.
- If I have received the Covid 19 Vaccine, I would feel safe to return to outdoor activities or outdoor classes-if safe distancing is possible
- I do not feel that it will be safe for me to return to any type of in-person classes, because it is too soon to tell if the pandemic has been eliminated.
- I am unable or have chosen not to be vaccinated.
- Please explain in "Other" - the circumstances under which you might return to in-person classes at our rented facility.

Other:

***What types of classes do you enjoy (either on Zoom or in person)?***

- I enjoy large classes with media presentations and with both in-person and on-line learning.
- I prefer a class that doesn't focus on the visual or sound aspects of the topic. (E.g., Pictures may be shown to illustrate a point, but are not the purpose of the presentation)
- I prefer a traditional lecture class presented by an expert on the topic
- I prefer a class in which it is possible to raise my hand and have the presenter answer me directly.
- I prefer a class where there is a lot of participant discussion led by the presenter..
- I prefer an action class where there is less talking - dancing,, meditation, art

- Even though I might be eliminated from my first choice class, I prefer holding a lottery in order to limit class size to offering all "Unlimited" size classes.

Other:

***What class topics are you most likely to choose for either an on-line or in-person class- pick as many as apply. PLEASE ADD YOUR SUGGESTIONS AT THE BOTTOM FOR A TOPIC IN WHICH YOU ARE INTERESTED.***

- History of the arts - theater, music, painting etc.
- Hands on art - drawing, photography, play-reading
- Natural Sciences - ecology, biology, geology
- Applied Math and Sciences - explanation of the material world - architecture, computers
- Health, medicine
- Journalism and current events topics
- History, local
- History of an era or event e.g., the Civil War, Rise of Manufacturing in the US.
- Study of Religions
- Philosophy
- Ethics
- Active Movement - hiking, dancing
- Gentle Movement - yoga, exercise
- Travelogues

Other:

PLEASE USE THE SPACE BELOW FOR OTHER COMMENTS AND QUESTIONS

