

LIFESPRING

Saugerties Adult Learning Community

Introducing Mini Courses

FEBRUARY 2021



Lifespring

Town Hall
4 High Street
Saugerties, NY 12477

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

WELCOME

Lifespring Expands to Offer New February Mini Courses! Two Weeks and Too Good to Miss!

Lifespring continues to adjust to new ways of offering our members learning opportunities safely through Zoom in the comfort of one's own home.

These new February mini-courses are a way that we can come together virtually to share our knowledge and interests and stimulate our minds in new and creative ways.

Please note that classes will *not* be recorded and the recording option will *not* be available during the online session.

Membership and Fees

Courses are open to all Lifespring members and to non-members who would like to participate and to have an easy introduction to our lifelong learning organization's offerings.

There are no course registration fees during this interim Covid-19 time.

Dates and Schedule

**Each Online Zoom course will consist of two sessions: February 3 and February 10.
You may choose one course from each time slot.**

There will be an A period and a B period and you may select one course in each period.

A Period is 9:30 am – 10:45 am

B Period is 11:30 am – 12:45 pm

There is a 45-minute break between the A and B periods for you to refresh!

You may select one course from each time period, or just select one course from one time period. No course changes are permitted between the two weeks. Registration is online only using a Lifespring Registration form. See page 7 for detailed registration information

COURSE OVERVIEW

2 Wednesdays: February 3 and February 10

A PERIOD 9:30 am – 10:45 am

- | | | |
|-----------|--|--------|
| A1 | Spotlight on Ulster County History | page 4 |
| A2 | Tales of Adventure for the Armchair Traveler | page 5 |

B PERIOD 11:30 am – 12:45 pm

- | | | |
|-----------|---|--------|
| B1 | The Roaring 20s and the Arts | page 6 |
| B2 | Quiet Body - Peaceful Mind: Meditation Workshop | page 6 |

Lifespring's goal is academic: to provide a variety of courses for your consideration and reflection. Our curriculum committee makes every effort to schedule presenters who are experienced professionals and enthusiasts; however, Lifespring does not either recommend or not recommend the services or products of any presenter or guest speaker.



photo by Harvey Greenstein



COURSE DESCRIPTIONS

A1 *Spotlight on Ulster County History*

Wednesday, February 3 and 10, 9:30 am – 10:45 am

Join us as we time travel through Ulster County and its history and spotlight two important eras and three centuries.

February 3

On February 3rd we'll learn about **the Spirited, Shrewd, and Scandalous Women of 17th-century Wiltwyck (Kingston)**, and their ability to stand up for themselves and in some cases to use the resources of the law to support their rights.

February 10

On February 10th we'll focus on **Brickmaking and Ice Harvesting**, two important but now lost industries of the late 19th and early 20th centuries in Hudson Valley communities, and we'll explore how these lost industries played a strong role and influenced the development of our area.

Presenter

Marilou Abramshe has been an educator for more than thirty years and is a recipient of the New York State Education Department Bruce Dearstyne Annual Archives Award. She has led courses on various aspects of local history at area LLIs, including SUNY New Paltz and the Desmond Campus of Mt. Saint Mary. In July 2020, she presented Lifespring's first Zoom lecture.

A2 *Tales of Adventure for the Armchair Traveler*

Wednesday, February 3 and 10, 9:30 am – 10:45 am

Join us as we share in two exciting tales of adventure, both unique in intention and destination. These two off-the-beaten-path trips were experienced by Lifespring members, who are pleased to present them to us now as an antidote to mid-winter and Covid-19 cabin fever.

February 3

Canoeing the Yukon River from Whitehorse, Canada, thru Alaska, to the Bering Sea

Over the course of two summers, Susan Puretzt and Phil McDonald bought a cedar-strip canoe, which they named the Bindlestiff, and set out on a Huck Finn-style adventure traveling the 2,000-mile Yukon River. The trip, with its special encounters and amazing sights along the way, will be “brought to life” in words and pictures by one of the intrepid travelers.

Presenter

Susan Puretzt notes that while she was a dancer and a Professor of Health and Physical Education, there was NOTHING in her academic, personal, or psychological background that would prepare her for this adventure. Thirteen weeks on a semi-wilderness river sharing an 11-foot canoe and a two-person mountain tent was an exquisite journey of a lifetime.

February 10

Temples, Jungles, and Waterfalls, Oh My! – An Exploration of Laos and Cambodia

In August of 2001, our two Presenters traveled to Cambodia to bring home their 3-month old daughter. During this trip, they explored the temples around Siem Reap, the Royal Palace and Silver Pagoda, and the somber Choeung Ek killing fields and Buddhist memorial. Then in 2016, they returned to Cambodia with their daughter on a bespoke tour, to revisit and further explore this culture-rich part of the world.

Presenter

Leslie Surprenant had a 35-year career with the Department of Environmental Conservation, with 17 years as an aquatic/fish biologist and 10 years as a conservation biologist administering and guiding New York’s invasive species program.

Carolyn Siewers has an A.A.S in Occupational Therapy and a B.S. in forest Biology. She has worked in the medical field for more than 20 years with 10 years in acute care mental health and 10 years in physical rehabilitation, brain injury, neurobehavioral disorders, spinal cord injury, and complex medical recovery.

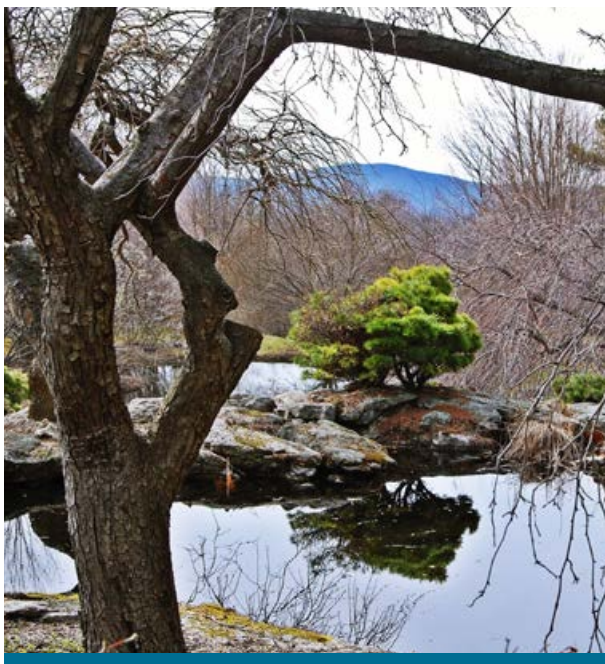


photo by Harvey Greenstein

“Two roads diverged in a wood and I – I took the one less traveled by, and that has made all the difference.”

— Robert Frost

B1 *The Roaring 20s and the Arts*

Wednesday, February 3 and 10
11:30 am – 12:45 pm

In 1920 the Treaty of Versailles officially ended World War I, and Prohibition went into effect. The Great Influenza pandemic subsided, Warren G. Harding was elected President, and women voted for the first time. It was the beginning of what became the Roaring 20s, an exciting decade in the arts: jazz, literature, the Bauhaus movement, as well as Broadway, cinema, Picasso, Weimar, Hemingway, Gershwin, and so much more. Now, 100 years later, might we be on the threshold of another 'Roaring' decade? Through videos and discussion, we'll delve into the highlights of the decade that broke new ground and rejected traditional standards.

Presenter

Chuck Mishaan continues to develop a syllabus that examines the intellectual, political and artistic history of Western Europe and the United States, from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on Opera as Politics for several years at Lifespring and other area LLIs. He has been a guest lecturer at the Bardavon Opera House in Poughkeepsie, the Starr Library in Rhinebeck, and at the Rhinebeck Chamber Music Society.

*“Every day is a renewal,
every morning the daily
miracle. This joy you feel
is life.”*

— Gertrude Stein

B2 *Quiet Body ~ Peaceful Mind: Meditation Workshop*

Wednesday, February 3 and 10
11:30 am – 12:45 pm

Meditation, the practice of turning our attention inward to cultivate peace and wholeness, has been central to most spiritual traditions and practices. Methods of meditation are as varied as its practitioners. In this workshop, participants will be introduced to simple, easy to learn meditation techniques, including guided and unguided meditations and the use of mantras and affirmations to focus your intention, as well as techniques for quieting the mind (and what to do when the mind resists) and experiencing the joy of turning inward to encounter your authentic Self.

Presenters

Barbara Schofield is a Reiki, IET (Integrative Energy Therapy), Akashi practitioner, and yoga instructor in the local Hudson Valley community specializing in Chair and Gentle Practice. Barbara's relationship with meditation began in her early twenties experienced through her various roles in dance, yoga, and childbirth education. Together with her beloved partner, Carl, she is looking forward to launching the Reiki Learning Center later in 2021.

Carl Thomsen is a Reiki practitioner, Qigong practitioner and teacher, and has been a life-long practitioner of meditation. A professional dancer and choreographer for 35 years, he is now a general contractor, where he uses his spiritual practice as grounding and guidance for his work, helping people feel safe and secure in their homes. In his teaching, he uses Reiki, Qigong, and Meditation to help people connect their bodies to their spirit for a deeper and richer experience of life. With his partner Barbara, Carl looks forward to the launch of their newest venture, the Reiki Learning Center in 2021.

HOW TO REGISTER FOR FEBRUARY MINI COURSES

Registration is online only using a Lifespring Registration form that will be sent to all Lifespring members and those on the Lifespring Interest List. You will receive this emailed form automatically on or about January 17, 2021. Or, if you are not a member or on the Interest List, you may request a form by sending an email to registrar@lifespringsaugerties.com

The deadline for registering is Wednesday, January 27, 2021.

You must register for a course in order to attend; the Zoom courses will *not* be recorded.

To enroll in the course(s) of your choice, you will simply click on a FILL OUT FORM button within the email that you will receive. Enter all of the required information and check off your course selections. Be sure that you fill out each page and click on the NEXT button to continue to the next page. On the very last page of the form, remember to click on SUBMIT.

If you have technical difficulties filling out the form, please email us at lifespringtaskforce@gmail.com

You will receive an immediate confirmation that your registration has been successfully submitted along with a listing of the course selections you have made.

Within 24 hours, you will receive a separate email with Zoom information and a link to the Zoom course for use on the day of the course.

To ensure that your registration form goes into your email INBOX, please add these two addresses to your email contacts list: registrar@lifespringsaugerties.com and lifespringtaskforce@gmail.com

Please note: the final day for February Mini Course Registration is January 27, 2021.

There is NO Registration Form included in this online course catalog; you will receive a Google Form, in a separate email, as described above.

Feedback

We welcome your thoughts, suggestions, opinions, and ideas about ways we can all get through this pandemic together while keeping our learning community vibrant, strong, and safe. Please send any comments or questions to: lifespring.saug@gmail.com

BOARD OF DIRECTORS & TRANSITION TEAMS

Beginning in mid-March 2020, when we became aware that the Covid-19 global pandemic was going to vastly affect all of us, the Lifespring Board of Directors has guided the organization through the steps necessary to keep our organization going and to take the actions and efforts necessary to make possible this past fall's courses via Zoom, as well as the Winter Presentations, and now our newest offering, the February 2021 Mini Courses. Our entire membership is grateful for the creative and considered approach of the Board members and the relevant committees, particularly the special Online Task Force that developed the plans and strategy to keep us a vibrant and vital lifelong learning organization during these challenging times.

Board of Directors

August 1, 2020 - July 31, 2021

President	Susan Poretz
Vice President	Natalee Rosenstein
Secretary	Maureen Bybee
Treasurer	Peg Nau
Registrar	Laura Phillips

Board Committee Coordinators

Curriculum	Mary Porter Hall Diane McDowell
Events & Hospitality	Colleen Greco Maureen Huben
Membership	Susan Davis
Program Support	Susan Kromprier

Members-at-Large

Norman Bowie	Lucy Stagich
Maureen Huben	Leslie Surprenant
Diane McDowell	

Ad Hoc Standing Committees

A/V	Rich Davis
Class Managers	Lee Gable
Publications	Susan Greenstein

Online Task Force

Laura Philips, <i>Coordinator</i>	Colleen Greco Anne Miller
David Cartmell	Carolyn Siewers
Rich Davis	Laurie Silver
Lee Gable	



photo by Susan Greenstein