

# LIFESPRING

*Saugerties Adult Learning Community*

Spring 2022

COURSE CATALOG

Online and Outdoors



*Lifespring*

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# WELCOME

## Spring 2022 Courses

Two years into the global pandemic Lifespring continues to adapt and evolve. The spring semester will be primarily online with nine stimulating courses via Zoom, as well as two outdoor-focused courses in nature.

Online courses are scheduled for both Mondays and Wednesdays, and the outdoor choices will be on Thursdays and Fridays. Offering classes on multiple days of the week insures that as many members as possible will continue to come together, mostly virtually with Zoom, to share our knowledge and interests and stimulate our minds in new and creative ways.

### **All courses are open to Lifespring members only.**

If you are not a current member and wish to become a member in the future, please see **For Non-Members and Potential New Members** on the next page.

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

## Membership and Fees

**All current Lifespring members are encouraged to register for these courses.**

## Semester Dates and Schedule

Zoom Courses will be offered on both Mondays and Wednesdays. Online Zoom classes will begin on Monday, April 4 and Wednesday, April 6 and will continue for six sessions (skipping the week of April 18<sup>th</sup>).

*Note that there are no classes the week of April 18<sup>th</sup>.*

**Monday: April 4, 11, 25, May 2, 9, 16 (online)**

**Wednesday: April 6, 13, 27, May 4, 11, 18 (online)**

**Thursday: April 28, May 5, 12, 19 (outdoors)**

**Friday, May 13, and Thursday, June 9 (outdoors)**

There will be an A period and a B period on Mondays, and a C period and a D period on Wednesdays, and you may select one course in each time period, on either or both Mondays or Wednesdays.

Each class runs for 1 ¼ hours.

The Monday A period begins at 9:30 am;

the Monday B period begins at 11:30 am.

The Wednesday C period begins at 9:30 am;

the Wednesday D period begins at 11:30 am

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

You may select either one or two courses on both Mondays and Wednesdays. All Lifespring courses will be for current Lifespring members only. Any member who wishes to attend must register, and Registration will be on-line only in an easy to use format.

**The Registration Deadline is March 28, 2022.**

**(See Page 17 for How to Register.)**



## *For Non-Members and Potential New Members*

Membership in Lifespring is for a full year, August 1–July 31. Sign up each year occurs in late summer.

**We do not accept new members for the spring semester.** However, we recognize the importance of admitting new members each year, and we will be accepting new members this summer for the 2022-2023 academic year. If you would like to be notified by email when the Fall 2022 Course Catalog and New Member Registration/Application materials are online and available, please send an email to [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com) asking to be placed on the Notification/Interest List.

If you have additional questions, please refer to the Lifespring website at [www.lifespringsaugerties.com](http://www.lifespringsaugerties.com) for information about membership under Frequently Asked Questions. We welcome your interest!

## *Feedback*

We welcome your thoughts, suggestions, opinions, and ideas about ways we can support each other and thrive in these challenging times while keeping our learning community vibrant, strong, and safe.

Please send any comments or questions to:

[lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)

*All images in this issue were taken by  
Lifespring member Harvey Greenstein*



# COURSE OVERVIEW

**Monday:** April 4, 11, 25, May 2, 9, 16

**Wednesday:** April 6, 13, 27, May 4, 11, 18

MONDAY: First Period, 9:30 am – 10:45 am		Description
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<b>A2</b>	Artificial Intelligence Update	<b>LIMITED ENROLLMENT</b> page 5
<b>A3</b>	Opera as Politics VII: Diversity	page 6
MONDAY: Second Period, 11:30 am – 12:45 pm		Description
<b>B1</b>	Understanding and Navigating Diversity, Equity, and Inclusion	<b>LIMITED ENROLLMENT</b> page 7
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WEDNESDAY: First Period, 9:30 am – 10:45 am		Description
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BONUS COURSES		<b>LIMITED ENROLLMENT</b> Description
<b>E1</b>	Following Spring's Progress: Four Nature Rambles <b>Thursday:</b> April 28, May 5, 12, 19 (9:30 am – 11:30 am)	page 15
<b>E2</b>	Exploring the Thorn Preserve <b>Friday:</b> May 13 and <b>Thursday:</b> June 9 (10:00 am – 11:30 am)	page 16

**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.

# MONDAY COURSES

## A1 *Come Doo-Wop with Me*

**MONDAY: April 4, 11, 25, May 2**  
(4 sessions)  
**9:30 am – 10:45 am**

Join in the fun for this four-session course that explores the birth of Doo-Wop, including the groups and styles of music that predated the genre, such as the Mills Brothers that were vocal group harmony in style. Participants will enjoy listening to many examples of this classic music style via YouTube videos, as we learn about and listen to the earliest Doo-Wop or R&B groups and their legacy to present-day musical genres.

### Presenter

**Richard Sullivan** began his love of Doo-Wop as a child, and he has taught a variety of musical genre courses for local LLIs for a number of years. Music, especially Rock and Roll of various subgenres and Soul are his passions; as a teenager, he was a member of a Doo-Wop acapella group. For more than 15 years, he has been an online DJ at *DooWop Cafe*.

### Coordinator

**Connie Cuttle**



## A2 *Artificial Intelligence Update*

**MONDAY: April 4, 11, 25, May 2, 9, 16**  
**9:30 am – 10:45 am**

### LIMITED ENROLLMENT

Explore the development of AI since the term was created at a 1956 conference at Dartmouth College with a focus on understanding the role of AI in our social, economic, and political lives, as well as its dangers and implications. The course will attempt to define what AI is and what it is not and will review AI's successes and failures. Terminology such as artificial intelligence, algorithm, machine learning, neural network, and others will be discussed, and current areas of AI application, including commerce, health care, scientific research, and government will be explored.

**NOTE:** To give all participants a common starting point, class members will be asked to purchase a text.

### Presenter

**John Bassler, Ph.D.**, is a retired professor and consultant in applied statistics and marketing research. He has a B.A. in mathematics from Rice University, an MBA from Stanford, and a Ph.D. in Industrial Administration from Carnegie-Mellon. He taught at the Tuck School of Business at Dartmouth College and in the Yale School of Management, and he directed the master's degree program in marketing research at the University of Texas-Arlington. In June 2018 he gave a one-time presentation on AI at Bard LLI and followed that up by simultaneously teaching a full-length course on AI in both the Bard LLI and Lifespring in fall 2019.

### Coordinator

**Natalee Rosenstein**





### A3 *Opera as Politics VII: Diversity*

**MONDAY: April 4, 11, 25, May 2, 9, 16 / 9:30 am – 10:45 am**

*Opera as Politics: Diversity* will explore works by female, LGBTQ, and People of Color composers and artists. We will focus on 400 years of opera outside of the traditional repertoire, from Francesca Caccini in 1625 to Terence Blanchard in 2021. Analysis will include political and historical context as well as video excerpts and commentary.

#### Presenter

**Chuck Mishaan** has been presenting his popular *Opera as Politics* series at Lifespring for many years. His commentary on the intersection of politics and the arts continues with this course. He lectures and writes on the intellectual, political, and artistic history of Western Europe from the period of the Enlightenment to the present day. For many years,

he was an adjunct professor at New York University, lecturing on technology and healthcare, and he has been a guest lecturer at the Bardavon Opera House in Poughkeepsie.

#### Coordinator

**Susan Greenstein**

## **B1** *Understanding and Navigating Diversity, Equity, and Inclusion*

**MONDAY: April 4, 11, 25, May 2, 9, 16 / 11:30 am – 12:45 pm**

### LIMITED ENROLLMENT

#### April 4

##### **What Do We Mean by...?**

In the first two sessions of this course, an interactive workshop guides participants to explore issues of race, racism, and anti-racism within the current political context. Topics will include key definitions for understanding issues of race and racism, and participants will map their own intersectional identities using an exercise called Diversity Petals.

#### April 11

##### **Constructing Our Own Racial Autobiographies**

We continue our exploration by going deeper to construct our own racial autobiographies and discuss ways in which we all can work toward a multiracial and multicultural society with a sense of joy and justice. Each participant will leave with a tool kit of links to reading and videos for further exploration.

#### Presenters

**Cassie Schwerner** is the Executive Director of Morningside Center for Teaching Social Responsibility. Her life work is dedicated to making positive social change at the intersection of racial justice and public education. She served for two decades at the Schott Foundation for Public Education, most recently as Senior Vice President of National Partnerships. She serves as a trustee of Kozol's Education Action Foundation and is a board member of New York Appleseed.

**Tala Manassah** is the Deputy Executive Director of Morningside Center where she leads the development and expansion of collaborative effort with the NYC Department of Education to introduce restorative practices and promote racial equity in the NYC public schools. She served on Mayor De Blasio's Commission on School Climate and Culture, and on Chancellor Carmen Farina's advisory council on social and emotional learning. Previously, Tala was the founding executive director of the Middle East Children's Institute, highlighted in 2008 by the Clinton Global Initiative.

#### April 25

##### **How Has Our Experience Had an Impact on How We See Others?**

An exploration of how our experiences from childhood lead to implicit bias and how raising our awareness of our own bias can help put us on the path to changing how we view others.

#### May 2

##### **Recognizing Microaggressions and their Impact**

What is a microaggression? What is the relationship between oppression and microaggressions? Together, we'll examine examples of microaggressions across multiple "isms" and analyze the impact of microaggressions on those who experience them.

#### May 9

##### **With Our Best Intentions**

This session focuses on race, racism, and how to be better allies by examining what white fragility is, what it looks and sounds like, and its impact. Participants will learn specific things that each of us can do to be assertive about racial equity.

#### Presenter

**Cynthia Martin**, is recognized as an expert in social justice education, empowering others to change. The former President and CEO of the National Conference for Community and Justice in Connecticut, Cynthia's experience includes serving as the Director of the Anti-Defamation League's Workplace Diversity Programs, working as a trainer/educator for the ADL's school-based World of Difference Program and acting as the Education and Training Manager for the Gay, Lesbian & Straight Education Network. She has more than 25 years of experience in the field and has worked with organizations ranging from educational institutions to Fortune 500 companies to local nonprofit agencies, hospitals, and law enforcement.



## May 16

### **A Convergence of Pandemics: What Have We Learned and Unlearned in 2020 – 2021?**

In this final session, we will look at diversity, equity, and inclusion (DEI) and what we have learned and unlearned in 2020-2021. We have lived through, and continue living through, what many have called "multiple pandemics" – COVID19, racism, anti-Asian discrimination, violence, and more. How has this reality impacted how we think about and practice allyship? To address this question, we will consider the following topics: What has shifted in the dialogue around DEI in 2020-2022? What have we learned? What are the areas of Diversity, Equity, and Inclusion that still need our attention? What are some of the possible challenges we face as we move forward in our work as allies?

## Presenters

**Tanya M. Odom, Ed.M.**, the Equity & Inclusion Program Director for the Walton Family Foundation, is a global consultant, writer, and a diversity, equity, and inclusion and civil rights thought leader. She has worked on topics including inclusive leadership, race/racism, gender equality, mindfulness and well-being, diversity and innovation, educational equity, and girls' leadership development. Trained as a coach by the Center for Creative Leadership, she is certified in the Hay Group's Emotional and Social Competency Inventory. Tanya has also been trained in the Difficult Conversations methodology at the Program on Negotiation at Harvard Law School, and she has been named by Diversity Best Practices as a "Diversity Thought Leader." She writes for CNN.com and is a contributor to the *Huffington Post*.

## Coordinator

**Connie Cuttle**





## B2 Literature and Philosophy

**MONDAY: April 4, 11, 25, May 2, 9, 16**  
**11:30 am – 12:45 pm**

According to Plato, there is an “ancient quarrel” between philosophy and poetry (an umbrella term for literary works). Philosophy is about truth, while literature is fiction, “at two removes” from truth. For Aristotle, tragic drama (literary works) is based on the truth of the human condition and essential for persons to experience empathy and humility, through the cathartic release of pity and fear as we identify with the protagonist.

We will explore this issue through two Russian novellas — Tolstoy’s *The Kreutzer Sonata* and Chekhov’s *The Duel*, each exploring contrasting perspectives on marriage and long-term partnered relationships. Short excerpts from philosophical works such as Plato’s *Republic*, Aristotle’s *Poetics*, and other works exploring the relationships between philosophy and literature, will also be discussed.

**NOTE:** Registrants will be emailed a PDF of Chekhov’s *The Duel* prior to the start of the course. Participants are asked to purchase the Dover Thrift Edition of *The Kreutzer Sonata and Other Stories* by Leo Tolstoy, available in paperback from Amazon and on Kindle, and also from Barnes and Noble. Short excerpts of some works will be emailed to participants as well.

### Presenter

**Lydia Edelhaus** has taught philosophy and psychology courses at SUNY New Paltz and Marist College. At the same time, she has also worked in nonprofit mental health counseling and supportive services for 35 years. She has graduate degrees in both psychology and philosophy, and she is particularly interested in life’s ethical dilemmas and the philosophical and psychological structures of moral choice.

### Coordinator

**Connie Cuttle**

## B3 Zentangle Art®

**MONDAY: April 4, 11, 25, May 2, 9, 16**  
**11:30 am – 12:45 pm**

### LIMITED ENROLLMENT

Zentangle is a meditative drawing method, using shapes and lines to make beautiful compositions. No previous art skill is needed. In each session, participants will build skills as we complete a project. Benefits of a Zentangle practice can include mindfulness, relaxation, improved concentration, decreased anxiety, and an improved sense of confidence.

**NOTE:** Participants must purchase materials for the course by the second session on April 11<sup>th</sup>. Members of the class may purchase a kit containing the necessary items directly from the Presenter for \$10. She is able to deliver kits to class members in the Saugerties/Kingston area and will ship them (shipping cost extra) as needed. Class members also have the option of purchasing materials on Amazon or at Michaels Arts and Crafts. Materials should include **a micron pen, paper tiles, a pencil, and a tortillon (a blending stump)**. To order a kit from Ms. DeConti, please email [micropris613@gmail.com](mailto:micropris613@gmail.com). **Please wait to have your registration confirmed before purchasing these materials; additional details will be sent to you after registration.**

### Presenters

**Priscilla DeConti**, artist and retired RN, became a CZT, Certified Zentangle Art® teacher, in June 2018. She began her creative journey using Zentangle while in a group doing the *Artist’s Way* soon after completion of a graphic design program. Zentangle led her to the exploration of various other crafts and media such as watercolors, gelli printing, and colored pencils.

### Coordinator

**Lydia Edelhaus**

# WEDNESDAY COURSES

## **C1** *Economic Issues of the Day*

**WEDNESDAY: April 6, 13, 27, May 4, 11, 18 / 9:30 am – 10:45 am**

Taking the principles of economics seriously — those principles that are taught in most college courses — we will apply them to the economic problems of the present day.

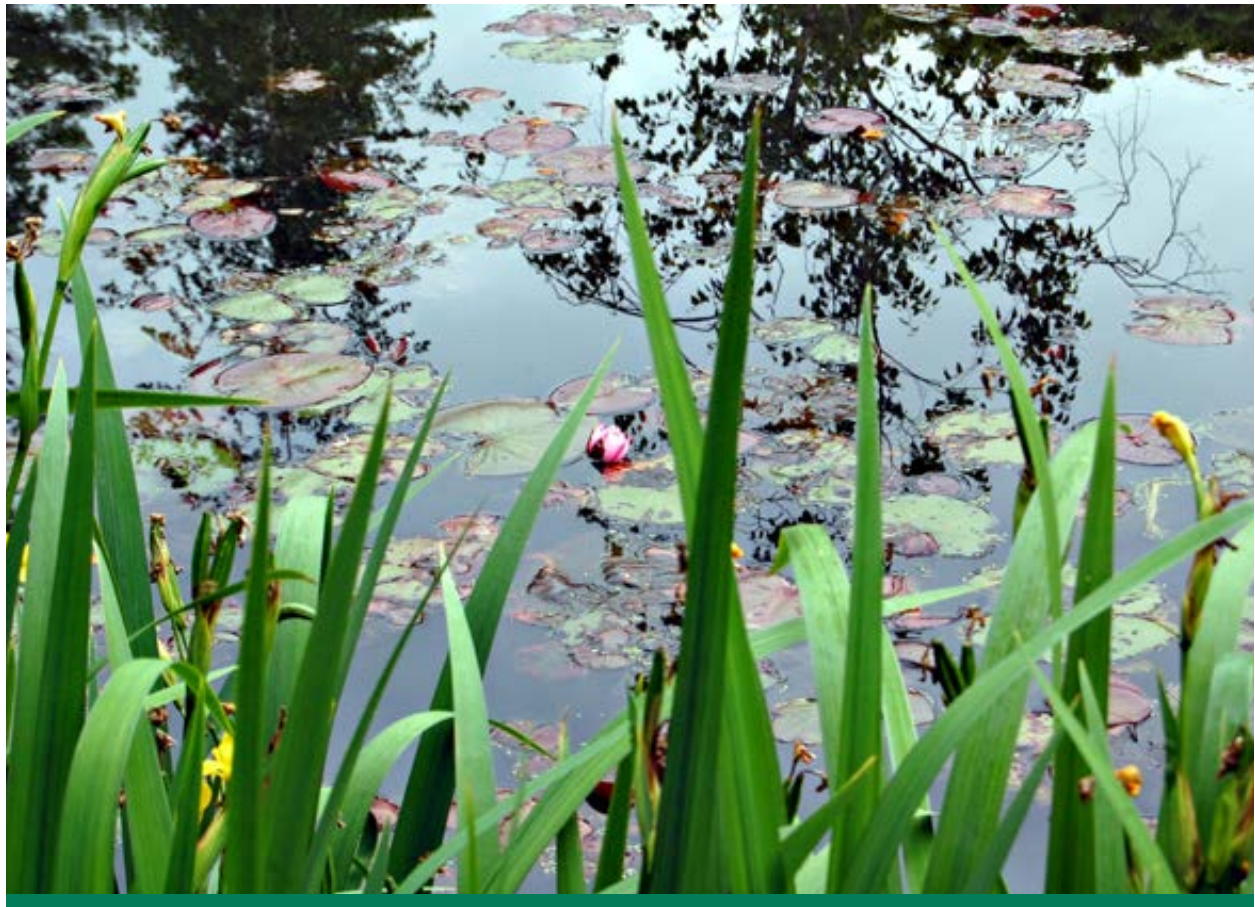
Who knows what economic issues will arise between now and spring? But whatever they may be: inflation, unemployment, trade deficits, pandemics, you name it — we will discuss them within the framework of the economics principles embodied in most college level economics textbooks.

### **Presenter**

**Andy Weintraub** has a Ph.D. in economics. Having taught at Lehigh University and Temple University from 1966 through 1999, he is now a consulting economist, focusing mainly on forensic issues as an expert witness in the area of estimating lost income associated with personal injury and wrongful death. Over the time since his retirement from university teaching, he has been teaching at Lifespring, as well as at Vassar's Lifelong Learning Institute and Bard's Lifetime Learning Institute.

### **Coordinator**

**Susan Puretz**





## **D1** *Becoming Franklin and Eleanor Roosevelt*

**WEDNESDAY: April 6, 13, 27, May 4, 11, 18 / 11:30 am – 12:45 pm**

Both Franklin and Eleanor Roosevelt were persuasive agents of change. What led each of them to the unique place each holds in history? We will begin with a look at the two generations of the Roosevelt family that preceded Franklin and Eleanor to garner insight into Franklin's growth and development into the man the world knows as FDR. Then we will examine the impact the previous generations had on the influential leader Eleanor became. Finally, we will consider how Franklin and Eleanor, each in his or her own way, stepped up to the huge challenges the nation faced in the beginning of FDR's presidency.

### **Presenter**

**Jeffrey Urbin** is the Education Specialist at the Franklin D. Roosevelt Presidential Library and Museum in Hyde Park, New York, and is responsible for all of the library's educational offerings. He designs and presents teacher workshops and advises and trains museum educators in the museum's education program development across the country. Mr. Urbin holds degrees in public administration and political science. Prior to joining the National Archives and Records Administration at the Roosevelt Presidential Library, he taught history and government in public and private colleges for more than a decade.

### **Coordinator**

**Connie Cuttle**



## D2 *Music, Poetry and Dance: A Multi-Presenter Exploration*

WEDNESDAY: April 6, 13, 27, May 4, 11, 18 / 11:30 am – 12:45 pm

### April 6

#### Joan Tower and Music from Bard

Acclaimed composer Joan Tower will present Bard Conservatory students performing and discussing selected works. Some original compositions may also be performed. Ample time will be provided for questions and discussion. With Joan, always be ready for the new and unexpected!

#### Presenter

**Joan Tower** is a Grammy-winning contemporary American composer, concert pianist, and conductor, and widely regarded as one of the most important American composers living today. She has composed a variety of instrumental works including *Fanfare for the Uncommon Woman*, the *Island Prelude*, five string quartets, and an assortment of tone poems. Her music crosses oceans and boundaries, and her devotion to her students is legendary. She is the Asher Edelman Professor of Music at Bard College, where she has taught since 1972.



### April 13

#### Bach and Flamenco from Simon's Rock

The music of Bach and the art of flamenco dance make strange bedfellows indeed. It was almost twenty years ago that Presenter and dancer, Kati García-Renart, and her father, Luis, a well known cellist and conductor, decided to unite the two seemingly dissimilar art forms. As the Bach cello suites are built around dance patterns and share strong rhythmic and melodic blocks, the combination proved an exhilarating alliance. Composer and classical guitarist, Terry Champlin, one of her father's first guitar students at Bard College, has adapted the Bach 2<sup>nd</sup> cello suite for solo guitar.

#### Presenters

**Kati García-Renart** is a choreographer and dancer. During her dance training in Madrid, Spain, she pursued research-based studies in Flamenco dance and pedagogy. Ms. García-Renart's performance experience includes various venues in Spain and throughout the United States. She was the director of the Kaatsbaan Academy of Dance in Tivoli, NY, and was a long-time faculty member of Kaatsbaan's Extreme Ballet (summer intensive course). Ms. García-Renart currently serves as assistant professor of dance at Bard College at Simon's Rock in Great Barrington, MA.

**Terry Champlin**, a composer and classical guitarist, studied guitar with Luis García-Renart and composition with David Loeb and Robert Cuckson. In 2015, he was named Best Individual Artist in the Dutchess County Executive's Arts Awards. He has performed in the *Hear America First* series at Carnegie Hall, and with the Concord String Quartet at Lincoln Center's Avery Fisher Hall. His compositions have been featured on NPR, WNYC, and the *Ars Nova* series. He has taught at Vassar College and the Mannes College of Music in New York City.



### April 27

#### **Bringing Song to Life: From Concept to Performance**

How does a singer arrive at a fully dramatized performance? Participants will learn about the process leading from conception through research to actualization of a project using as an example a project called *Don Quixote in Music*. The various steps involved will be explored, from selecting scores, to conventional concert performances, to a staged and costumed pastiche, using videos and highlighting the unique characteristics and differences between art song, cantata, and opera.

#### **Presenter**

**Robert Osborne**, a bass-baritone, has built an acclaimed career by advancing the unusual in both the standard and contemporary repertoire. He has sung more than fifty roles in operas from Bernstein to Weill with companies in Paris, Berlin, New York, Houston, Santa Fe, and Los Angeles. His concert career has taken him to Carnegie Hall, Lincoln Center, and the Metropolitan Museum of Art in New York, the Royal Albert Hall in London, the Concertgebouw in Amsterdam, and Victoria Hall in Singapore, where he has sung under such distinguished conductors as Bernstein, Ozawa, Spivakov, Tilson Thomas, John Williams, and Russell Davies. Mr. Osborne holds a Doctorate of Musical Arts from Yale University and is on the faculty of Vassar College and Columbia University/Barnard College.

### May 4 and May 11

#### **Prose is Prose and Poetry is Everything Else**

Poetry comes in many sizes and shapes. Through performance and discussion of his own work, Phillip X. Levine will show how poetry can arrive in wildly different forms. During the two week's sessions, he will present his poetical work in three general groupings. The second week will culminate in the presentation of a single performance piece combining work from each of the three groupings.

#### **Presenters**

**Phillip X. Levine** is the poetry editor of *Chronogram* magazine and president of the Woodstock Poetry Society. His solo theatrical poetry performance piece, *approximate poet falls in love & can't get up*, has been performed throughout the tri-state area.



## May 18

### **Federico García Lorca: Poet, Playwright, and Revolutionary**

Participants will enjoy a forty-five -minute performance of a work of dance/theater that invites the audience into the world of the great Spanish artist, Federico García Lorca through his beloved flamenco music and dance as well as his own writings. Directed by Aimée K. Michel, with music composed by John Myers, the performance is choreographed by Kati García-Renart. The piece is performed by John Myers, Kati García-Renart, Nicole Bernhardt, and Daniel Giraldo. After the performance, there will be a conversation between the performers and the course participants.

### **Presenters**

**Aimee K. Michel**, director, is currently Professor of Theater and Head of the Theater Program at Bard College at Simon's Rock. Ms. Michel has been directing and teaching theater professionally and at colleges and universities for more than 30 years, and she has directed in theaters all over the United States. Ms. Michel was a curator director at the NY Theater Workshop and a participant in the Lincoln Center Theater Directors Lab. She co-edited the book, *The Methuen Drama Anthology of American Women Playwrights 1970-2020*, which was released in May 2020.

**Daniel Gilrado-Wonders** holds a graduate degree in Hispanic Studies from the Université de Montréal and a Ph.D. in Latin American Literatures from the University of Pittsburgh. His research explores the literary production of LGBTQ+ authors in the Spanish speaking world. He currently teaches Creative Writing and Queer Theory at Bard College at Simon's Rock.

**John Myers**, composer, guitarist, media developer, and author, is a professor of music at Bard College at Simon's Rock. He performs in many styles, primarily jazz and Western classical. He has researched Asian traditional music, and has a Ph.D. in Ethnomusicology. His extended composition for chorus and instrumental ensemble *The West Lake Cycle* was awarded the Chorus America/ASCAP Alice Parker Award in 2014. His composition *Paintings in Song: Visions of Norman Rockwell*, commissioned by Crescendo Chorus, premiered in April 2017.

**Kati García-Renart** is a choreographer and dancer. Please see her bio above, under the April 13<sup>th</sup> session.

**Nicole Bernhardt** began her flamenco career at age sixteen, under the tutelage of Maraquita Flores in Upstate New York. She received a wealth of knowledge while attending University of New Mexico, pursuing a degree of Dance with an Emphasis in Flamenco. After graduating from Bard College with a BFA of Dance and Choreography in 2002, she kept her passion for flamenco alive by studying and performing with Maya De Silva in NYC for many years. She continues to enjoy her love of flamenco under the teaching of Kati García-Renart.



# BONUS COURSES

## **E1** *Following Spring's Progress: Four Nature Rambles*

**THURSDAY: April 28, May 5, 12, 19 / 9:30 am – 11:30 am**

### LIMITED ENROLLMENT

**This course goes outdoors and takes us to four different habitats and locations to observe spring's progression.**

Of course, we will look for flowers and listen to bird songs, but we will also try to get a broader view of the habitats we visit. To enjoy the season's variety, we will ask participants what they observe at each site so all can appreciate the commonalities and unique characteristics of each habitat. Each ramble will be less than two miles total. Participants will be notified of the location for the ramble a week in advance, and if bad weather forces us to cancel, class members will receive an email by 8:00 am that Thursday morning. We will divide into two groups of no more than ten each, and each will be led by one of the Presenters.

**Every effort is made to select walks that are suitable for all levels of fitness and experience. Please note that Town-Lifespring insurance requires that class participants sign a liability waiver and be responsible for their own transportation to the locations.**

### Presenter

**Betty Schoen-René** grew up in western Massachusetts, spent as much time in the woods as she could, and so learned a lot about the plants and birds. She also studied botany in college. Both she and her husband were teachers, which enabled them to spend their summers in the Adirondacks. She still believes every walk is like a treasure hunt because you never know what you will find.

**Leslie Surprenant** grew up in the Adirondacks. She has a degree in environmental science and enjoyed a 35-year career as a biologist with NYS Department of Environmental Conservation. She teaches skiing at Hunter Mountain, outdoor skills for NY's *Becoming an Outdoors-Woman* program, and she guides trips as a NYS licensed guide. She loves outdoor discovery, hiking, canoeing, camping, and bird watching — for which, it seems, she will always be a motivated novice.

### Coordinator

**Leslie Surprenant**



## **E2** *Exploring the Thorn Preserve*

2 SESSIONS: YOU MAY REGISTER FOR ONE OR BOTH DATES

**FRIDAY: May 13**  
10:00 am – 11:30 am

### LIMITED ENROLLMENT

Join us for a tree identification walk through the forest at the Thorn Preserve, a peaceful and relaxing realm, which is owned and managed by The Catskill Center with stewardship assistance from the Woodstock Land Conservancy.

The Preserve is home to the *Save the Hemlocks* project initiated by the Catskill Center to prevent the devastation of Hemlock trees, which serve as the backbone of the Catskills region.

**Every effort is made to select walks that are suitable for all levels of fitness and experience. Please note that Town-Lifespring insurance requires that class participants sign a liability waiver and be responsible for their own transportation to the locations.**

### Presenter

**Vern Rist** moved to Saugerties in the early 1980s when he was completing his Ph.D. in Plant Pathology at Cornell University. It was then that he established his new business, Healthy Trees: Consultation and Services offering all aspects of modern tree care, using the best practices and standards established by the International Society of Arboriculture. He has a B.S. degree in Forest Biology from SUNY College of Environmental Science and Forestry and an M.S. degree in Plant Pathology and Air Pollution Studies from Pennsylvania State University.

### Coordinator

**Leslie Surprenant**

**THURSDAY: June 9**  
10:00 am – 11:30 am

### LIMITED ENROLLMENT

We return to the Thorn Preserve to explore the diverse herbaceous plants and plant communities that thrive in this habitat of sweeping grasslands and riparian forest and ponds.

### Presenter

**Melissa Peterson** is passionate about environmental conservation and protecting open space. She has worked on ecologically and sustainably focused projects that strive to support people and nature. Most recently she worked for the Orange County Audubon Society and has assisted the Orange County Land Trust. Melissa is an avid plant enthusiast, bird watcher, and naturalist. She has a Bachelor's degree in Biology from Linfield College and a Master's degree in Environmental Conservation Education from New York University. She is also a Master Gardener and holds a Permaculture Design Certificate.

### Coordinator

**Maureen Huben**



# HOW TO REGISTER

*Registration for Spring 2022 courses is online only using a Lifespring Google Registration Form; the link to the Registration Form will be sent by email to all Lifespring members. Only current members may enroll in Spring 2022 courses.*

**The deadline for registering is Wednesday, March 28, 2022.**

To enroll in the course(s) of your choice, click on the green REGISTER link within the email that you will receive. Remember to enter all of the required information in the Google Registration Form, which will open automatically. If a former email address of yours pops up on the first line, please change it to your current email address. You do NOT need a Google account to use the form. Mark your course selections and click on SUBMIT when you have finished.

If you have any technical difficulties filling out the form, please email [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com) and you will receive a response in a timely manner.

Within 24 hours, you will receive an email acknowledgement of your registration. On March 29th you will receive an email for each course in which you are enrolled along with a link to Zoom.

Please note that Zoom courses will not be recorded. It is expected that those who register will make every effort to attend.

During the first week of classes (April 4 - April 9), you may send a request to add a course or switch to a different course by sending an email to [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com). The registrar will send a confirmation of the change and a new Zoom invitation via email, or will let you know if there are no seats available due to class size limits. No changes can be made after Saturday, April 9, 2022.

To ensure that the Registration email goes into your email INBOX, please add the address [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com) to your email contacts list. If you do not receive your email acknowledgement within 24 hours of registering, please contact the registrar; DO NOT WAIT until courses begin.

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



# BOARD OF DIRECTORS & TRANSITION TEAMS

## Board of Directors

*August 1, 2021 – July 31, 2022*

<b>President</b>	Susan Puretz
<b>Vice President</b>	Natalee Rosenstein
<b>Secretary</b>	Maureen Bybee
<b>Treasurer</b>	Peg Nau
<b>Registrar</b>	Laura Phillips

## Board Committee Coordinators

<b>Curriculum</b>	Connie Cuttle
<b>Events &amp; Hospitality</b>	Colleen Greco Maureen Huben
<b>Membership</b>	Susan Davis
<b>Program Support</b>	Susan Krompier

## Members-at-Large

Lee Gable	Anne Miller
Maureen Huben	Leslie Surprenant
Diane McDowell	

## Ad Hoc Standing Committees

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

## Online Task Force

Laura Philips, <i>Coordinator</i>	Prudence García-Renart
Phyllis Clark	Anne Miller
Connie Cuttle	Carolyn Seiwerts
Rich Davis	

## Curriculum Committee

Connie Cuttle, <i>Coordinator</i>	Susan Krompier
Phyllis Clark	Diane McDowell
Susan Davis	Hildegard Pleva
Lydia Edelhaus	Susan Puretz
Prudence García-Renart	Natalee Rosenstein
Elisabeth Krisjanis	

