

LIFESPING

Saugerties Adult Learning Community

Spring 2025

COURSES and OPPORTUNITIES



Lifespring

Town Hall
4 High Street
Saugerties, NY 12477

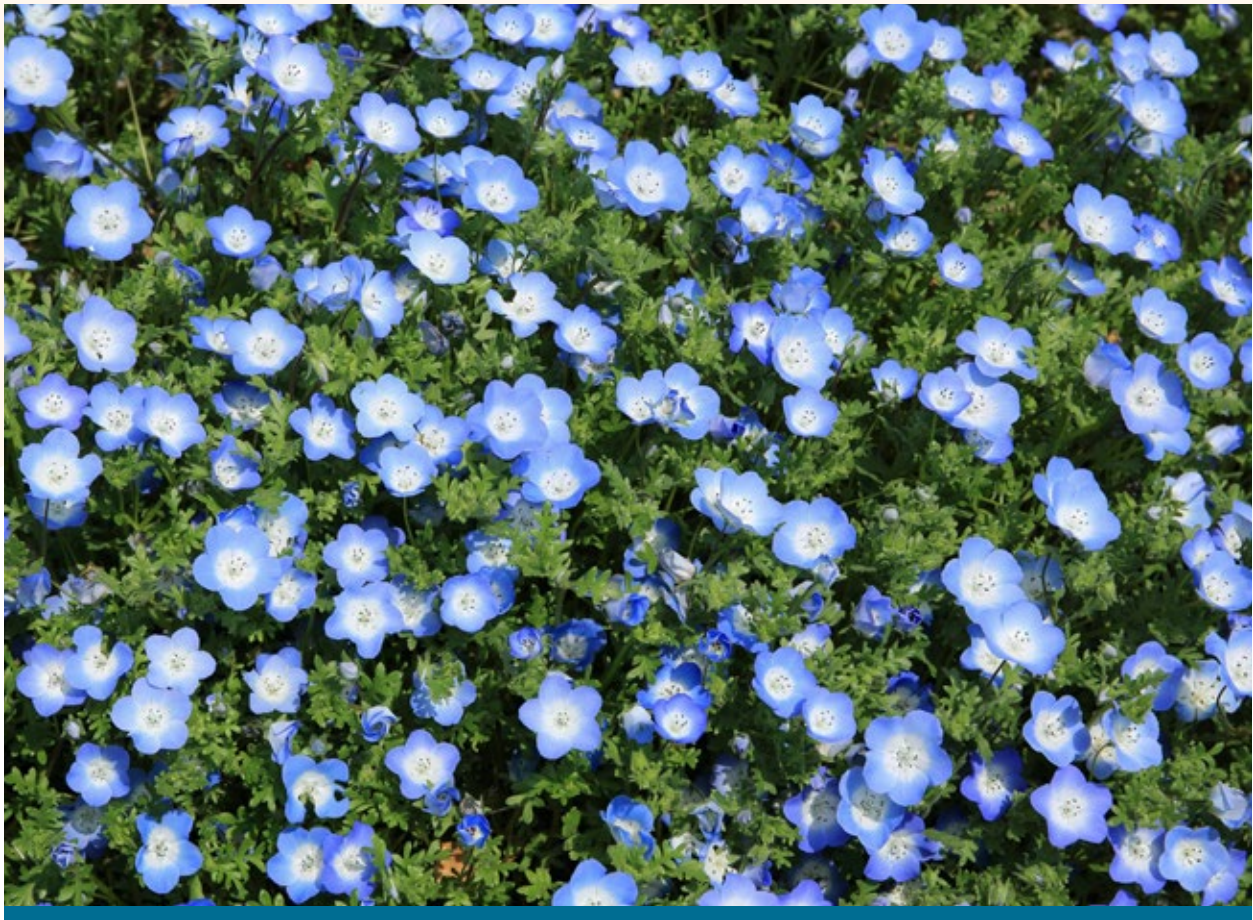
email: registrar@lifespringsaugerties.com
website: lifespringsaugerties.com

WELCOME LIFESPRING MEMBERS!

T.S. Eliot could never have written “April is the cruelest month” if he had seen the exciting line-up of our Spring Semester courses that begin this April! From literature to religion, history to the blues, hobbies to outdoor rambles, and even a visit to a horse farm—there is something new, interesting, and fascinating for everyone!

- The Spring semester runs from **Monday, April 7** to **Friday, May 16**.
- **Online** 4-6-week classes begin **Monday, April 7**.
- **In-person** 6-week courses begin **Wednesday, April 9** at the Woodstock Jewish Congregation.
- **Five additional outdoor classes and activities** will run on Thursdays and Fridays at various times.
- Course Overview begins on page 4.

NOTE: Each semester our curriculum committee makes every effort to schedule presenters who are experienced professionals or enthusiasts in their field. Nevertheless, Lifespring neither recommends nor endorses the services or products of any presenter or guest speaker. In addition, please note that classes online or in-person are not recorded by Lifespring and should not be recorded by participants.



NOT A CURRENT MEMBER OF LIFESPRING?

All spring and fall semester courses are open to current Lifespring members only. Membership in Lifespring is for a full year, August 1 – July 31.

Although we do not accept new members for the spring semester, we welcome and recognize the importance of admitting new members each year. If you are not a current member and wish to be notified by email when the Fall 2025 Course Catalog and New Member Registration/Enrollment materials for the 2025/2026 year are online and available, please send an email to lifespring.saug@gmail.com and ask to be placed on the Interest List. For additional Membership information, please refer to the Lifespring website at www.lifespringsaugerties.com. We welcome your interest and look forward to you joining us in August!

REGISTERING FOR SPRING COURSES

Registration for Spring 2025 courses opens on **February 24** at 9 am and ends on **March 10** at 5 pm.

Current Lifespring members (2024/2025) may enroll in any Spring 2025 courses, programs, or events, provided space is available.

There is **NO** registration form included in this course catalog. On **February 24**, all members will receive an email with registration information and a link to the Registration Form.

NOTE: There will be an opportunity on the Registration form to sign up for, or request information about, volunteering.

Limited Enrollment courses are first-come, first-served. If a course is marked “Waiting List,” you will have an option to join a wait list or select a different course. There will be an option early in the semester to add or drop a course.

Within 48 hours after registering, you will receive an email confirmation showing the classes to which you have been admitted. If you are not admitted to a limited enrollment class, the confirmation will show you are on a wait list. Your zoom invitations and more information about your in-person courses will be sent in email in late March.

Scroll down to find the programs that whet your interest or pique your curiosity!

COURSE OVERVIEW

CLICK ON COURSE TITLE FOR DETAILS

MONDAYS ONLINE: April 7, 14, 21, 28, May 5, and 12 (9:30 am – 10:45 am)

#	COURSE TITLE	DURATION	PAGE
A1	An Introduction to Willa Cather*	4 weeks	7
A2	Illuminated Manuscripts	6 weeks	8
A3	“Clinton’s Ditch” – The Making of the Erie Canal	6 weeks	11
A4	<i>Got My Mojo Workin’</i> – The Birth and Evolution of the Blues	6 weeks	13

MONDAYS ONLINE: April 7, 14, 21, 28, May 5, and 12 (11:30 am – 12:45 pm)

#	COURSE TITLE	DURATION	PAGE
B1	Quilted Treasures: The Art and History of Quilting	6 weeks	14
B2	Introduction to Islam	6 weeks	16
B3	Seeing Double: Huck and James*	6 weeks	16
B4	Herstory: Women’s Stories – Lost, Forgotten, or Hidden from View	6 weeks	17

WEDNESDAYS AT WJC: April 9, 16, 23, 30, May 7, and 14 (9:30 am – 10:45 am)

#	COURSE TITLE	DURATION	PAGE
C1	Authoritarianism and the Arts	6 weeks	21
C2	Mah Jongg for Beginners*	6 weeks	21
C3	Death and Dying: Let’s Talk About It*	6 weeks	22
C4	The Play’s the Thing*	6 weeks	22
C5	Fields of Hope, Harvest of Dreams	6 weeks	23

WEDNESDAYS AT WJC: April 9, 16, 23, 30, May 7, and 14 (11:15 am – 12:30 pm)

#	COURSE TITLE	DURATION	PAGE
D1	Ecological Exploration: How the Natural World Works*	6 weeks	24
D2	Sometimes You Just Want to Have a Little Fun!*	6 weeks	25
D3	Healthcare in the US: History, Medicine, and the Courts*	6 weeks	25
D4	Singing as a Human Activity	6 weeks	26
D5	Exploration in Mixed Media Art*	6 weeks	26

*Limited Enrollment

ADDITIONAL PROGRAMS OVERVIEW

CLICK ON COURSE TITLE FOR DETAILS

#	COURSE TITLE	DATE	PAGE
THURSDAY PERFORMANCE: Saugerties Public Library Community Room			
E1	Judy, Joni, and Joan: Their Stories, Their Songs* (1:00 pm – 3:00 pm)	April 18	28
THURSDAYS: Special 2-day class with Little Brook Farm Horse Sanctuary			
E2	ONLINE Horse Sanctuary and BITS (11:30 am – 12:45 pm)	May 8	29
	FIELD TRIP to the Farm in Old Chatham* (12:00 pm – 1:30 pm)	May 15	
THURSDAYS OUTDOORS: April 17, 24, May 1, and 8			
E3	Spring Nature Rambles* (9:30 am – 11:30 am)	4 weeks	30
FRIDAYS OUTDOORS			
F1	Catskill Ramble at Mawignack Preserve* (10:00am – 12:00 pm)	May 9	32
F2	Pollinator Meadow Site Visit* (9:30 am – 11:30 am)	May 16	32
FRIDAY AT WJC			
F3	Dance, Voice, and Guitar* (1:00 pm – 3:00 pm)	April 25	33

*Limited Enrollment



MONDAY COURSES

April 7, 14, 21, 28, May 5, and 12

ONLINE (ZOOM)

These courses take place on **Mondays only** and last for six weeks, unless otherwise noted.

MORNING (SESSION 1)

9:30 am – 10:45 am

- A1** An Introduction to Willa Cather **LIMITED** (4 weeks: April 7, 14, 21, and 28)
- A2** Illuminated Manuscripts
- A3** “Clinton’s Ditch” – The Making of the Erie Canal
- A4** *Got My Mojo Workin’* – The Birth and Evolution of the Blues

MORNING (SESSION 2)

11:30 am – 12:45 pm

- B1** Quilted Treasures: The Art and History of Quilting
- B2** Introduction to Islam
- B3** Seeing Double: Huck and James **LIMITED**
- B4** Herstory: Women’s Stories – Lost, Forgotten, or Hidden from View



MONDAY SESSION 1

April 7, 14, 21, 28, May 5, and 12

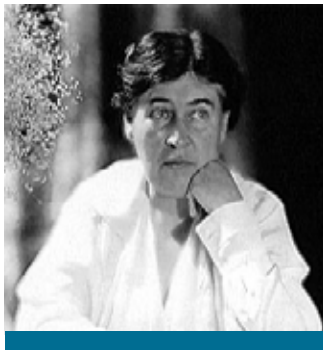
ONLINE (ZOOM)

MORNINGS 9:30 am – 10:45 am

A1 *An Introduction to Willa Cather*

(4 weeks only: April 7, 14, 21, 28)

LIMITED ENROLLMENT



This class will focus on only some of Willa Cather's works. In our first session, we will look at biographical and critical information about Willa Cather. We will talk about "Paul's Case" and "A Wagner Matinee" at our second class. Week three, we will discuss *My Antonia* and in week four, we will discuss *A Lost Lady*. We will explore Cather's regional visions (especially her view of her prairie world), her gender themes, and her modernist stance and aesthetic. Finally, we will explore her place and contributions to American literature. We will do some lecturing, but plan to leave adequate class time for discussion of her works. We hope to have a lively exchange of points of view and ideas based on the readings

NOTE: You can choose to purchase eBooks or paperbacks, or you can find all of Willa Cather's works online at the University of Nebraska archive: <https://cather.unl.edu>. Also available on the website is additional biographical, critical, and background information.

Presenter

Jan Zlotnik Schmidt, SUNY Distinguished Teaching Professor Emerita, was Creative Writing Director in the English Department at SUNY New Paltz, and has published three chapbooks, and three volumes of poetry, as well as several anthologies of memoir and women's writing. Her most recent book, in collaboration with her co-presenter Tana Miller, is *Joseph Cornell: The Man Who Loved Sparrows* (Kelsay Press, 2024).

Tana Miller is a retired elementary school teacher with extensive experience conducting Whole Language and reading workshops during her thirty-year career as a teacher and has been published in several feminist and literary journals. Her recent book, in collaboration with her co-presenter Jan Zlotnik Schmidt is *Joseph Cornell: The Man Who Loved Sparrows* (Kelsay Press, 2024).

Coordinator

Connie Cuttle



A2 *Illuminated Manuscripts*

NOTE: This six-week course reflects on a different topic each week. Presenters vary.



APRIL 7 Introduction to Medieval Manuscripts

Before the introduction of printing in the mid-15th century, all textual evidence of human history in the West came to us through handwritten documentation or manuscripts. What is a manuscript? How are they made? Who made manuscripts? When were manuscripts used? What do we find in manuscripts? How do we study manuscripts? What is paleography? Why do we care about manuscripts? This introduction will provide a foundation for a discussion of manuscripts as witnesses to human history and culture. Dr. Heintzelman will share examples from traditions around the world, with a special focus on early manuscripts up to the 16th century.

Presenter

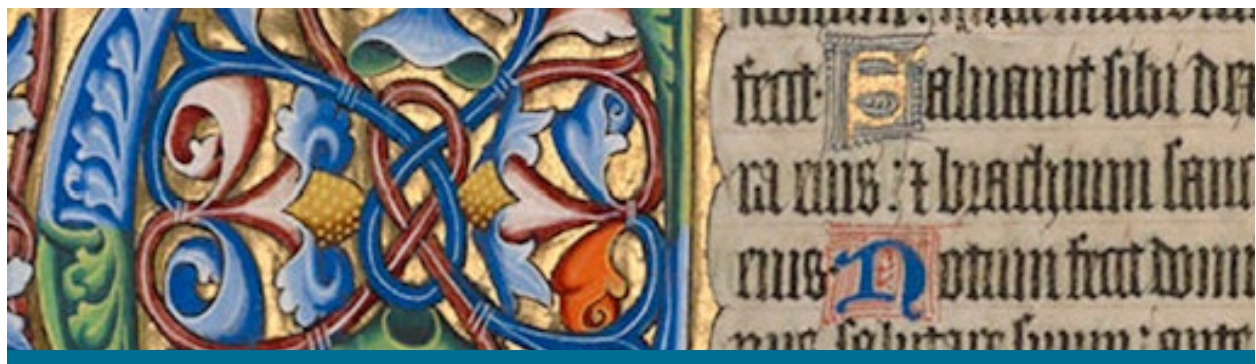
Dr. Matthew Z. Heintzelman is the Curator of Western European Manuscripts and Special Collections at the Hill Museum and Manuscript Library. He holds a BA in Modern Languages from the University of Notre Dame and his MA and PhD from the University of Chicago in Germanic Studies. He later earned a MLIS from the University of Iowa. He has presented and published widely and has curated more than nine exhibitions for HMML since 2015. Heintzelman's work focuses on cataloging and support for nearly 50,000 manuscripts on microfilm from Austria, Germany, and Switzerland, and support for microfilms from Sweden, England, and elsewhere in northern and central Europe. In addition, he catalogs and supports nearly 11,000 rare, printed books and hundreds of manuscripts.

APRIL 14 Manuscript Art and Illuminations

The art and illuminations in medieval European manuscripts not only provided images for enjoyment and meditation, but also engaged readers by providing a framework within which those readers could navigate the text and enrich their experience of the book itself. Indeed, the vast majority of manuscripts contain simple collections of handwritten texts with little decoration or art. However, even simple manuscripts contain a level of decoration for guiding the reader. Rather than focusing on individual miniatures as examples of medieval manuscript paintings, Dr. Heintzelman will contextualize the role of the art and illumination within the entire manuscript.

Presenter

Dr. Matthew Z. Heintzelman



APRIL 21 Introduction to Arabic and Eastern Christian Manuscripts

In this class, we will use what you have learned about manuscripts produced in Western Europe and compare them to a different manuscript tradition. The influence of Islamic and Arabic-language manuscript production has been felt wherever Islam has been practiced, across many regions of the world. We will explore the basics of Islamic manuscript styles, including calligraphy and visual art. Additionally, we will cover manuscript styles produced by Christians working in such languages as Arabic, Armenian, Church Slavonic, Coptic, Ge'ez, Georgian, Greek, Syriac, and beyond. Many have been directly influenced by the traditions of their Muslim and/or Jewish neighbors.

Presenter

Dr. Josh Mugler joined HMML in 2018 as the Associate Cataloger for Arabic and Syriac manuscripts. In 2020 he was promoted to Curator of Islamic Manuscripts and in 2022 became the Curator of Eastern Christian and Islamic Manuscripts. Mugler holds degrees from Oklahoma Baptist University, Shawnee and the Divinity School of Harvard University, Cambridge, MA. In 2019, he earned his PhD in Theological and Religious Studies from Georgetown University, Washington, D.C. Dr. Mugler has presented at numerous conferences across the U.S. and internationally, and he has published widely. Prior to joining HMML, Mugler taught at Georgetown University and worked as an assistant to the Study of Religions across Civilizations program, which promoted the exchange of U.S.-based and Moroccan-based scholars.

APRIL 28 From Latin to the Vernacular: The Times They Are a-Changin'

This class will examine the changing use of language during the transition between the medieval and the early modern periods in Europe. We will specifically explore what happened to Bibles during this period. Society, at the time, was asking questions about who was “allowed” to read and interpret scripture. Should God’s word be translated into the vernacular? With the printing press, language and text standardization emerged and with it questions about translations and interpretations were debated by scholars, such as Desiderius Erasmus, Thomas More, Martin Luther, and even King James himself. This class will explore some of the earliest printed translations of the Bible in English (and other vernacular languages) in the 15th and 16th centuries.

Presenter

Dr. Audrey Thorstad is the programming associate at The Hill Museum and Manuscript Library. She is responsible for scholarly services, including administering fellowships and grants, and assists with the yearly language summer school that is hosted at HMML. Prior to joining the Hill Museum and Manuscript Library, she was an assistant professor at the University of North Texas, where she taught classes on late medieval and early modern Europe. She has published articles and a book on Tudor England and Wales. Audrey received her MA and PhD from the University of Leeds, U.K.

MAY 5 From Handwritten to Print: The Times They Are a-Changin'

This week’s class will explore Europe at a time of massive change in the way people consumed text. The printing press and moveable typeset paved the way in the late 1500s for Europe to transition from a world of hand-copied text to a world of print and standardization. This class will explore what this change did on a social level as well as specific examples from HMML’s collections that help demonstrate the shifting relationship between people, language, and modes of reading. While the last class focused on Bible translations, this class will explore secular texts and print. What were people reading for fun? What secular books were most popular? Who was reading?

Presenter

Dr. Audrey Thorstad

MAY 12 From Inspiration to Illumination, an Introduction to *The Saint John's Bible*

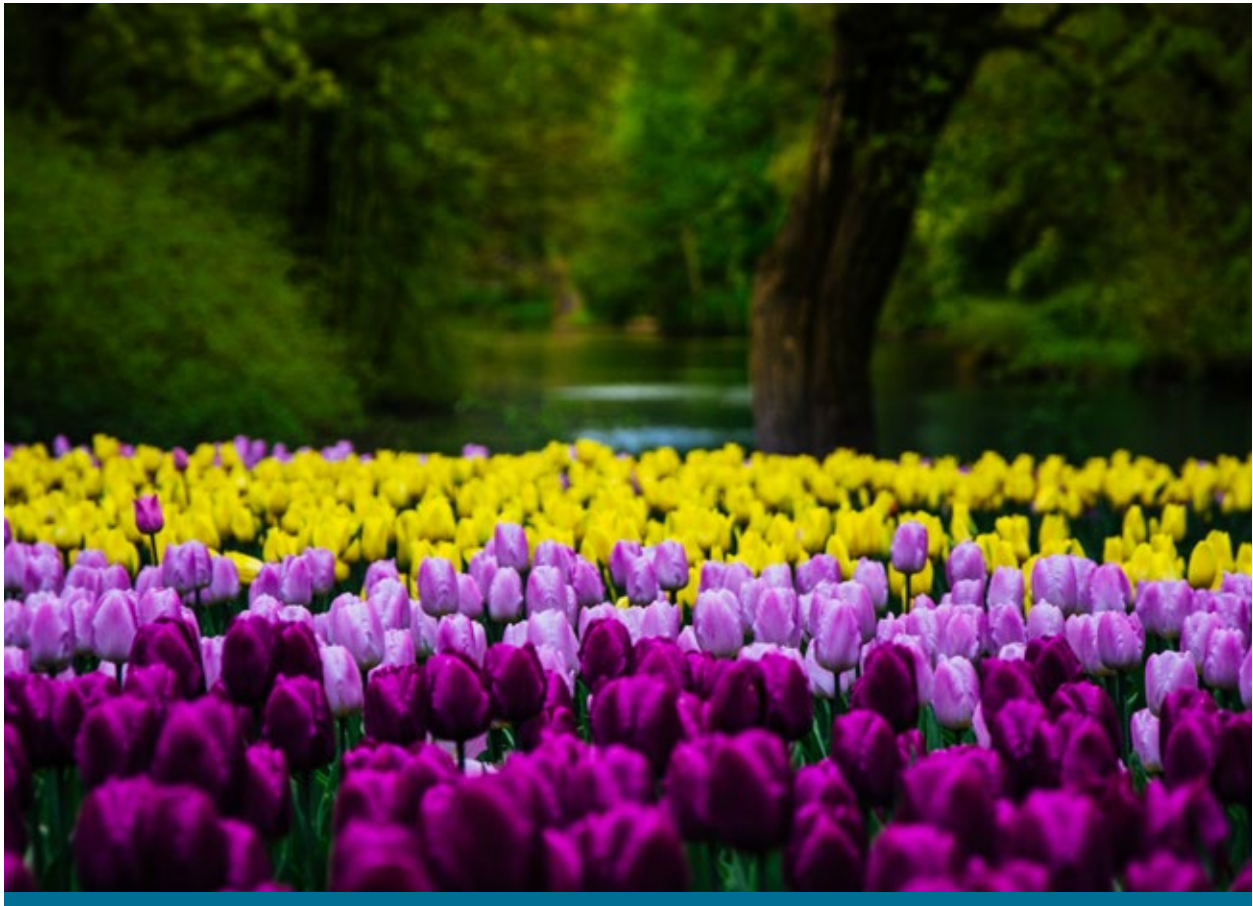
The Saint John's Bible is the first completely handwritten and illuminated Bible commissioned by a Benedictine Abbey in more than 500 years. Tim Ternes, the Director of *The Saint John's Bible* at the Hill Museum & Manuscript Library, worked closely with the artistic team in the creation of the original works and facilitated planning and communication between artists and commissioner, giving him extensive behind-the-scenes knowledge and great stories about all aspects of the project. He will introduce class members to the story behind the making of *The Saint John's Bible*, and explore the tools, methods, and materials used in the creation of the Bible's original folios. Participants will be encouraged to stretch their own spiritual imagination as they and Tim explore several illuminations from the project via guided image discussions.

Presenter

Tim Ternes serves in dual roles as both the Director of *The Saint John's Bible* and the Director of HMML Programming. He joined HMML in 2004 to manage programming and the Bible's national touring exhibition program. In his role, Ternes works closely with students and faculty in the history, theology, and art departments at the College of Saint Benedict-Saint John's University; oversees the Bible touring exhibitions; and curates the on-campus exhibition program for the Bible and HMML rare book and art collections. He also supports HMML's on-campus scholar programs and oversees all of HMML's public programming. He travels extensively throughout the country offering presentations and educational programs for *The Saint John's Bible* and HMML collections.

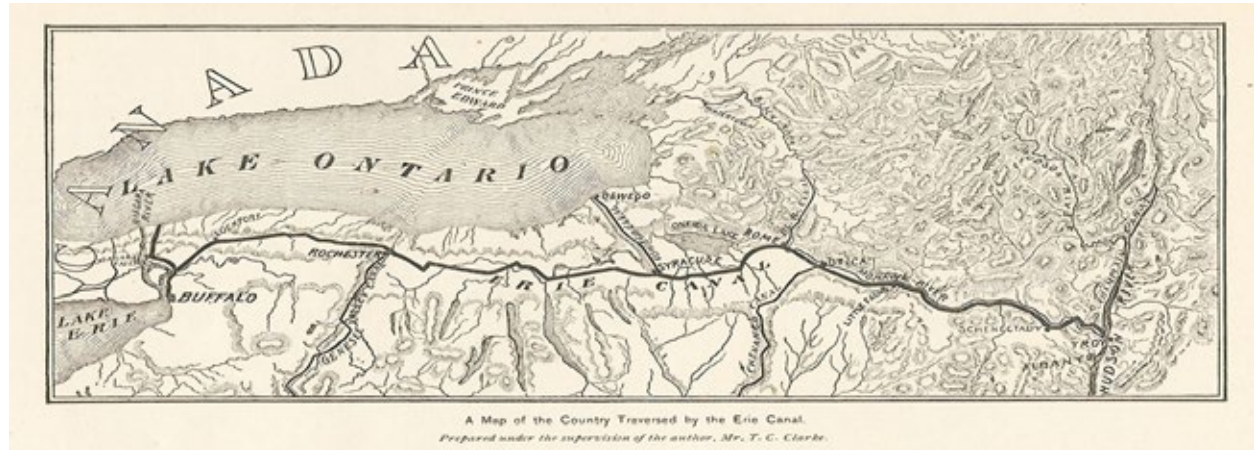
Coordinator

Hildegard Pleva



A3 “Clinton’s Ditch” – The Making of the Erie Canal and Its Impact on New York and the Nation

NOTE: This six-week course reflects on a different topic each week. Presenters vary.



APRIL 7 Basics of the Erie Canal

Why was the Erie Canal built? How was it built? How was it used once it was built? Where is it now? All these questions and more will be answered in this crash course on “Clinton’s Ditch.”

Presenter

Derrick Pratt (he/him) is the Director of Education & Public Programming at the Erie Canal Museum in Syracuse, NY. A native of Chittenango, NY, Derrick received a BA in Social Studies Education from SUNY Cortland and a MA Museum Studies from Syracuse University. Prior to his job at the Erie Canal Museum, Derrick served as Director of Programs at Chittenango Landing Canal Boat Museum for 3 years.

APRIL 14 The Conception of the Erie Canal

While the Erie Canal took only 8 years to dig, getting to the point where people could start digging was a nearly 100-year long process. This class looks at the early efforts to harness New York’s interior waterways and the political wrangling that almost kept the “Eighth Wonder of the World” from happening.

Presenter

Derrick Pratt

April 21 Open for Business: 1820 on the Erie Canal

Two Hundred years ago in 1820, the “middle section” of the Erie Canal opened for navigation between Montezuma and Utica. This momentous event transformed the State of New York, especially the 96 miles this stretch of the canal passed through, including the swampy frontier crossroads community of Syracuse, now home of the Erie Canal Museum.

Presenter

Derrick Pratt

APRIL 28 Pathway of Resistance: The Erie Canal and the Underground Railroad

This constantly evolving talk examines the experience of African-Americans along the Erie Canal Corridor, with a particular focus on the struggle for abolition. While parts of this story are unpleasant at best, slavery, racism, and resistance are critical to our understanding of today's society.

Presenter

Steph Adams (*they/them*) is the Interpretation Director at the Erie Canal Museum in Syracuse, NY. Originally from Sherrill, NY, Steph received a BA in Art History from SUNY Geneseo and dual MA degrees in Art History and Museum Studies from Syracuse University. They are very grateful to have found a job that allows them to do fun things like ride on canal boats and read books.

May 5 Waterway of Change: Women and the Erie Canal

The Erie Canal revolutionized Upstate New York, bringing new ideas, people, and industries to the region, sparking a firestorm of change. This presentation will cover how the fight for women's rights grew out of the changes brought about by the Erie Canal and the movement's dependence on networks that the Canal facilitated.

Presenter

Elizabeth Farrell (*she/her*) is the Assistant Director of Education & Public Programming at the Erie Canal Museum. She earned a BA and MA in history from the University of Vermont. Following the path of many New Englanders before her, Elizabeth came to New York seeking opportunity on the Canal.

May 12 Erie Eats: The Erie Canal Foodways Project



We all need to eat to survive and thrive. But where does our food come from? How does it get to our markets? Who decides what products will be available? For residents in Upstate New York and people throughout the country, the answers to these questions were radically transformed by the completion of the Erie Canal in 1825, and they continued to change dramatically over the last 200 years as the Canal itself has changed.

Presenter

Derrick Pratt

Coordinator

Connie Cuttle



A4 *Got My Mojo Workin' — The Birth and Evolution of the Blues*



Got My Mojo Workin' explores the social, political, and cultural contexts that shaped what some have called “The Devil’s Music.” Blues began in the Mississippi delta in the mid 1800’s, powerfully impacting every form of American popular music thereafter and traveling far beyond our shores. We will examine the four major blues styles and regional variations, learn its basic structure, instrumentation, lyrical themes, and vocal styles, tracing its roots from slavery’s work songs, field hollers, and religious songs to the present. We will listen to the great blues innovators: W.C. Handy, Robert Johnson, Blind Lemon Jefferson, Blind Willie McTell, Muddy Waters, Howlin’ Wolf, Lightnin’ Hopkins, Ma Rainey, Bessie and Mamie Smith, John Lee Hooker, Sonny and Brownie, B.B. King, and dozens more modern blues masters-musicians and vocalists.

Presenter

Eric Glass, a fifty-year resident of Woodstock/Saugerties and a lifelong Blues and Jazz fan, graduated Ohio Wesleyan University with a degree in English literature; served in the Peace Corps (Biafra, 1965-67); and taught English at Hicksville HS. He directed the very first school-based drug abuse prevention program in the Bronx; was the first Director of Family House for runaway and homeless kids; opened Stardust, a jazz club/restaurant in Mt. Tremper; directed The Woodstock Youth Center; and, with his wife Catherine, owned and operated Woodstock Moveable Feast. In 2010 he retired to Florida, but returned when he realized he could bear the winters here much better than he could the mediocre Chinese food and the political climate there. He is also a cancer survivor and speaks with a voice prosthetic.

Coordinator

Connie Cuttle



MONDAY SESSION 2

April 7, 14, 21, 28, May 5, and 12

ONLINE (ZOOM)

MORNINGS 11:30 am – 12:45 pm

B1 *Quilted Treasures: The Art and History of Quilting*



Quilted Treasures is a six-part series designed to enhance appreciation and understanding of an art form special to American culture. It has moved from association with mere domestic usefulness to appreciation as a much admired and collected folk art to a vehicle for understanding women's history. Today, quilts are valued in museums as both precious antique art and splended examples of a modern art form.

APRIL 7 *Looking Back in Time: A Brief History of Quilting*

Using examples and descriptions from an accomplished local quilter and lecturer, Dolly Wooden, this presentation will move through time focusing on early examples of quilted items from past centuries to the present, highlighting styles, materials, fabrics and techniques.

Presenter

Hildegard Pleva is a charter member of the Wiltwyck Quilters Guild in Ulster County and was inducted into the Catskill Mountain Quilters Hall of Fame in 1986. She serves as archivist for the Friends of Historic Kingston and has offered Lifespring lectures on local history and the medieval mystic Hildegard of Bingen. She holds master's degrees in education, library science and religious studies.

APRIL 14 *Northern Lady or Southern Belle?*

More than just the Mason-Dixon Line divided the North and South. Women in households on both sides of that line made quilts for utility, for pleasure, and for show. How different could quilts be in these areas? This class compares and contrasts quilts from the 19th century in design, style, and fabric to examine the regional differences of our quilting ancestors from the early years of our nation through 1900.

Presenter

Lisa Erlandson is a compulsive quilt collector whose habit has led to several quilt-related specialties. She is an AQS Certified Quilt Appraiser, lecturer, quilt show judge, teacher, and quilt historian. She is a past president of American Quilt Study Group and has appeared on The Quilt Show with Alex Anderson and Ricky Tims. She learned to sew as a child but considered it punishment (and maybe it was). She re-discovered sewing in the 1980s as a drama teacher and made her first quilt in 1991. Lisa has a Master of Arts degree in Public Communication from the University of North Texas. She taught junior high, high school and college before focusing on the quilt world.



APRIL 21 They Spoke with Their Needles

In the days before women were encouraged to take an active part in the world outside of their homes, you might be surprised at the opinions they chose to express about their homes, their social views, and the larger world around them. We will take a look at statements, both political and social, made by women of the past with their quilts.

Presenter

Lisa Erlandson

APRIL 28 Quilts in Our Time - Stitching on Since 1976

Let's take a walk through some recent times with a retrospective look at the history that quilters have made in the last (nearly) 50 years. Great strides have been made in tools, technology, and the transmission of information, but have quilts (or quilters) really changed?

Presenter

Lisa Erlandson

MAY 5 Myths Revealed in Quilting History and Introduction to the New England Quilt Museum

In this session, a quilt historian will dispel some quilting myths and expand upon the history of quilting from folk art to high art. She will introduce participants to the offerings of the New England Quilt Museum in Lowell, Massachusetts and will talk about New England's textile mill history and technology.

Presenter

Pam Weeks became a quilter along with many others at the time of our nation's Bicentennial. By the 1980s, under the influence of Nancy Crow, she described herself as an "art quilter." An attraction to historical quilts led her into the world of quilt scholars in the 1990s. Her first book about the quilts made by Civil War soldiers was published in 2013. She currently serves as the Binney Family Curator of the New England Quilt Museum.

MAY 12 Quilting in Ulster County: Where Has It Been and Where is it Going

Quilting in the United States experienced a great revival during the 1970s, spurred by the nation's Bicentennial Celebration. Ulster County was no exception beginning with the creation of the Ulster County Bicentennial Quilt on display in the lobby of the library at Ulster County Community College. This class will include illustrations of more recent creations by local quilters and information about quilt preservation with ample opportunity for questions and discussion concerning your quilted family treasures.

Presenter

Hildegard Pleva

Coordinator

Hildegard Pleva

B2 Introduction to Islam



Islam is one of the world's three monotheistic religions. In this course, we will address the origins of Islam, its spread across the world's continents, the growth of its diversity in understanding and practice, the evolution of the major schools of law, the response to contact with the West, and its major contemporary "faces." Visual material, in addition to lecture and discussion, will seek to provide a deeper, sensitive understanding of this major contributor to the world's civilization. Issues of the role of gender, the meeting or clash of Islam with other religions, and the challenges within Islam over interpretation and action will be explored.

Presenter

Kathleen Sutherland is Associate Professor of Political Science and Women's Studies Emerita at Bowling Green State University. She was born and spent 35 years in Egypt researching and teaching there at the American University at Cairo. She has taught courses on the Middle East and Africa at OLLI since 2005.

Coordinator

Connie Cuttle

B3 Seeing Double: Huck and James

LIMITED ENROLLMENT



Very often a significant piece of literature triggers responses, re-imaginings, or alternate versions. This course will look carefully at *Huckleberry Finn* by Mark Twain (suggested version: the Signet Classic paperback edition, 336 pages) and *James* by Percival Everett, the 2024 National Book Award Winner for Fiction. We will allow ourselves to consider how our understandings and reactions are impacted by thinking about both texts side by side. We will use some poetry considered side by side to frame the ways in which authors connect to and alter structures and traditions. The poetry will cover differences in gender, cultural background, and time period, and we will use them to frame issues raised by the Twain and

Everett books. **NOTE:** Participants are asked to read *Huckleberry Finn* prior to the first day of class. Copies of the poems and the dates on which they will be discussed will be sent to class members immediately after registration ends along with the *James* reading assignments for each class.

Presenter

Bob Haberski holds a BA from Boston College and an MA from the University of Illinois in English Literature. He worked as an English teacher and administrator for thirty years in the New York City public schools and has taught teacher education at Brooklyn College, Queens College, and St. John's University. Presently, he is employed by Fordham University as a mentor to student teachers. Over the years he has also been involved in directing theatre productions both for high school productions and for community theatre. His reading interests range from historical fiction to science and technology, from world history to true crime. His favorite quote is from Stephen Sondheim's *Sunday in the Park with George*: "I chose, and my world was shaken, So what? The choice may have been mistaken, the choosing was not."

Coordinator

Connie Cuttle

B4 Herstory: Women's Stories – Lost, Forgotten, or Hidden from View

NOTE: This six-week course reflects on a different topic each week. Presenters vary.

APRIL 7 Abigail Adams



For much of the American Revolution, Abigail Adams remained at the family farm in Massachusetts while her husband, John, was away from home, serving the American cause. Adams shouldered the burden of financially supporting the household and raising four children all while a war threatened the safety and security of her family and community. She regularly wrote to John, sharing the details of everyday life, wartime intelligence, and political views. This session explores the life of Adams during the American Revolution, highlighting her wartime experiences on the home front, her management of the farm, her work supporting her family, and her correspondence with John, including her famous letter in which she encouraged her husband to “Remember the Ladies” in the creation of the new United States.

Presenter

Hilary Miller, Ph.D. (*she/her*) is Chief of Interpretation at the Adams National Historical Park in Quincy, Massachusetts. She has served as a National Park Service park ranger at sites across Pennsylvania, New York, and Massachusetts. A co-founder of Revolutionary Narratives, a collaborative organization of public historians developing projects focused on the U.S. Semiquincentennial, Miller received her Ph.D. in American Studies from Pennsylvania State University. Her dissertation focused on the cultural meanings of the National Road, a key trans-Appalachian transportation route in the nineteenth century and the first federally funded highway in the United States. Miller earned her MA in History with a Public History concentration at the University of North Carolina at Charlotte and a BA in History and English from Washington & Jefferson College.

APRIL 14 Louisa Adams



Louisa Catherine Adams was uniquely poised to be a political partner to her husband, John Quincy Adams. Born in England and educated in France, she was able to use her social savvy for political influence and to further the career of her husband. Although not as well known today as her mother-in-law, Abigail Adams, Louisa was an important influence in the U.S. and Europe in the early 1800s. This session explores the life of Adams, her relationship with her husband and his famous family, and her social and political prowess, revealing that the “other” Mrs. Adams was a force to be reckoned with.

Presenter

Hilary Miller, Ph.D.

April 21 Women of World War II: The Manhattan Project



Women workers were vital to the Manhattan Project, the most top-secret government project of WWII. Some worked as House Mothers, telephone operators, nurses, and waitresses, while others were employed as lab technicians and secretaries. Learn their names and stories as they rose to the occasion – “their hair neat, their nails clean, and their typewriters dusted and well oiled!” Learn about the women scientists who contributed to the success of the Project such as physicist Leona Woods Marshall. Discover the challenges and accomplishments of Dr. Marshall and other women scientists and engineers at a time when women rarely filled these kinds of professional roles.

Presenter

Terri Andre, originally from the Albany, NY area, has lived in Kennewick, Washington for the last 33 years. Currently she is a traveling historic speaker, a volunteer presenter for the Manhattan Project National Park, a docent for the Department of Energy B Reactor and Pre-War Hanford Site tours, and a local guide for the American Cruise Line Columbia River cruise excursions. For many years, she was the Education Coordinator for the former Columbia River Exhibition of History, Science, and Technology Museum in Richland, WA. Following that, she was the Adult Community Education Coordinator for the Kennewick School District.

April 28 Harriet Tubman: After the War

Harriet Tubman is commonly described as courageous, determined, and fearless, the “Moses of her people.” She was a human being who stood boldly and proudly against the systems of oppression and racism by leading formerly enslaved individuals to freedom. This presentation will introduce Auburn, NY as Tubman’s chosen home town and strengthen the knowledge of connections that led her and her family to central New York. This class is an opportunity to learn about Tubman’s later years of service and her unconditional love and desire to serve her community, provide for her family, and meet the basic needs for the elderly, the sick, and the disabled.

Presenter

Brittany Lane is the Lead Park Ranger at the Harriet Tubman National Historical Park located in Auburn, NY. She has worked for the National Park Service for 10 years and enjoys learning and creating teachable moments for herself and others. Brittany has a Bachelor of Arts degree in African American Studies and a Master of Arts degree in Public Administration. She considers herself a passionate, truth-telling advocate and community leader who enjoys reading, travelling, and meeting new people.



May 5 The Life and Legacy of Frances Perkins



This class explores the life and legacy of Frances Perkins, the country's first female presidential cabinet member. Perkins believed, "The people are what matter to government, and a government should aim to give all the people under its jurisdiction the best possible life." A champion of workers' rights and safety throughout her entire life, Perkins most notably served under Franklin Delano Roosevelt for the entirety of his presidency from 1933 to 1945, establishing countless programs for the American people, including Social Security and unemployment insurance. The work of the Frances Perkins Center, located in Newcastle, Maine "is guided by Frances Perkins' effective leadership style and one woman's power to change the world."

Presenter

Mary Reid joined the Frances Perkins Center as an Associate in 2024. She double majored in history and biology at Bard College, graduating in 2021. Reid earned an M.Phil. in Early Modern History from Trinity College Dublin, focusing on gender and the history of science. She was born and raised in Edgecomb, Maine and has experience working, interning, and researching in nonprofit and academic settings.



May 12 Dr. Pauli Murray – The Woman Behind Brown vs. Board of Education

In this class we will discuss the history and context surrounding the Brown v. Board decision from the inception of institutional racial slavery in the United States through present day efforts that rely on the Brown decision as their legal foundation. Most importantly, we will examine the impact of Dr. Pauli Murray's legal arguments on the NAACP's approach to integration as well as her influence on civil rights attorneys in the United States. The class will include an overview of Dr. Murray's life and struggles with gender identity, sexism, racism, and their intersections.

Presenter

Preston Webb, a former U.S. Air Force public affairs specialist, is a Park Ranger at the Brown vs. Board of Education National Historic Site in Topeka, Kansas. A native Kansan, growing up near Nicodemus—the oldest continually occupied all-black settlement west of the Mississippi, Preston has a passion for history, communication, and civil rights – making the Brown v. Board of Education National Historical Park a perfect fit. In communicating the Brown decision stories as American experiences, he believes we overcome the common misconception that it was a Black vs. White issue. The stories and issues behind Brown vs Board are multiracial, multicultural, and complex. With supporters from all races on either side for various reasons, these concerns enhanced the American promise of equality for all.

Coordinators

Prudence Garcia-Renart and Connie Cuttle

WEDNESDAY COURSES

April 9, 16, 23, 30, May 7, and 14

IN-PERSON (WJC)

These courses take place on **Wednesdays only** and last for six weeks unless otherwise noted.

MORNING (SESSION 1)

9:30 am – 10:45 am

- C1 Authoritarianism and the Arts
- C2 Mah Jongg for Beginners **LIMITED**
- C3 Death and Dying: Let's Talk About It **LIMITED**
- C4 The Play's the Thing **LIMITED**
- C5 Fields of Hope, Harvest of Dreams

MORNING (SESSION 2)

11:15 am – 12:30 pm

- D1 How the Natural World Works **LIMITED**
- D2 Sometimes You Just Want to Have a Little Fun! **LIMITED**
- D3 Healthcare in the US: History, Medicine, and the Courts **LIMITED**
- D4 Singing as a Human Activity
- D5 Exploration in Mixed Media Art **LIMITED**



WEDNESDAY SESSION 1

April 9, 16, 23, 30, May 7, and 14

IN-PERSON (WJC)

MORNINGS 9:30 am – 10:45 am

C1 *Authoritarianism and the Arts*

This course will examine how the literary, visual, and performing arts have functioned in authoritarian societies, the role they play in supporting or opposing those societies, and some of the consequences of dissident artistic expression. The course will discuss specific artistic works and present video excerpts of relevant performances and analyses. As appropriate, content may be updated in light of ongoing current events.

Presenter

Chuck Mishaan lectures and writes on the intellectual, political, and artistic history of Western Europe 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.

Coordinator

Connie Cuttle

C2 *Mah Jongg for Beginners*

LIMITED ENROLLMENT



Mah Jongg is back by popular demand! As old as 19th century China where it originated and as modern as today where it is played around the world, Mah Jongg is a fun game to play with friends, and even by yourself online. If you have ever played gin rummy or canasta, you can easily learn Mah Jongg. First, we will review the rules of the game and how to read the Mah Jongg card. Then, you will play instructor-assisted games, and, by the end of the course, the goal is to have you be able to play a respectable game on your own. NOTE: Prior to the start of the course, participants must purchase a 2025 Mah Jongg card (\$14) from <https://nationalmahjonggleague.org/>

Presenter

Anne Miller, an eight-year resident of Hurley after living in NYC, is our Publications Coordinator and a Lifespring Board Member. With wonderful memories of watching her mother play Mah Jongg every week, she has been playing the game herself for many years. She looks forward to teaching others the game that has given her so much pleasure.

Coordinator

Anne Miller

C3 *Death and Dying: Let's Talk About It*

LIMITED ENROLLMENT



Traditionally, Western culture keeps death at a safe distance, a process left to hospitals and funeral parlors, and not for everyday conversation. Our reluctance to talking about death and dying is a primal fear we all share. We are afraid of what comes next, of not being “ready” to die, of upsetting our loved ones, of pain and a multitude of other uncertainties. Despite the fact that we consider ourselves rational beings, we all hold onto superstition. We often have a sense that if we talk about death, what we

are most afraid of will become reality. Are we doing ourselves a disservice in keeping death so distant? In this class we will discuss ethical dilemmas, end-of-life care, “death with dignity,” concepts about mortality, cultural perspectives, and more.

Presenter

Carolyn Siewers is a certified End of Life Doula who worked in the medical field for more than 30 years in acute care mental health, physical rehabilitation, brain injury, neurobehavioral disorders, spinal cord injury, and complex medical recovery. She has significant experience presenting medical information in plain language for individuals and families to make informed choices in healthcare, and has extensive experience in navigating healthcare systems and services, medical terminology and jargon, medical procedures, and reviews of medical research.

Coordinator

Carolyn Siewers

C4 *The Play's the Thing*

LIMITED ENROLLMENT



Plays do not exist on paper. They come alive only when they are read aloud and heard. We will be reading and discussing several short pieces and, perhaps, one complete full-length work. No theatrical experience is needed, just a love of the written word, a sense of humor, the knowledge that age is really “in the mind’s eye,” and a willingness to take a chance. Since the class will be small, everyone will be given a role for each session. Scripts will be sent out via email. Participants may choose to print out a script to bring to class or may bring a laptop or iPad from which to read. Please join us as we bring to life some of the fantastic dramas and comedies that make theater so special.

Presenter

Prudence Garcia-Renart is a graduate of Bard College and holds a master’s degree from NYU in Musicology. Her professional career has had many incarnations from music to administration, but theater has always played a significant role. She has performed throughout the Hudson Valley with numerous community groups, and she hopes that, through this course, she will find others who are interested in dramatic reading in a non-pressured environment.

Coordinator

Prudence Garcia-Renart

C5 *Fields of Hope, Harvest of Dreams*

What impels people to leave the only home they have ever known? This course will share the firsthand stories of immigrants who left Mexico, Guatemala, and Haiti coming to Immokalee, Florida as farm workers in south Florida's expanding agriculture industry. Beginning in the 1950s and spanning multiple generations, we will learn of the conditions in each country that spurred these families to leave. We will look at synopses of immigration laws that affected these new arrivals to better understand their experiences as we focus on their personal stories - their journeys, what they found when they arrived, and the sacrifices they made, all of which they shared with the presenter for her book, *Immokalee's Fields of Hope*. And we will learn of the legacy the original immigrants left to their children and grandchildren to the present day.

Presenter

Carlene Thissen performed at some of the first folk masses in the Catholic church as a teenager and sang at coffeehouses in the late sixties. Her "hippie" phase gave way to a successful 30-year business career before she returned to singing. Carlene worked for eight years at the University of Florida in Immokalee, developing and teaching classes for Farm Labor Supervisors. Since earning her master's degree in history when she was 50 years old, she has written *Immokalee's Fields of Hope* and *Called from Silence: The Father Sanders Story*, about a beloved Immokalee priest. Her recent move from Naples, FL to Saugerties has not dimmed her connection with the Immokalee community. Currently, she is working on three additional books and continues to write and perform music.

Coordinator

Connie Cuttle



WEDNESDAY SESSION 2

April 9, 16, 23, 30, May 7, and 14

IN-PERSON (WJC)

MORNINGS 11:15 am – 12:30 pm

D1 *Ecological Exploration: How the Natural World Works*

LIMITED ENROLLMENT



This course is an introduction to key ecology topics and concepts. We will explore environmental services we receive from the natural world, species populations, and ecological communities and ecosystems. Biodiversity and the impacts of invasive species and climate change will be discussed as well. This course will include indoor presentations with outdoor exploration on the Woodstock Jewish Congregation property to support understanding of the topics and concepts introduced in class.

Presenter

Leslie Surprenant has a degree in environmental science from the SUNY College of Environmental Science and Forestry and has taken several graduate courses in ecology and related subjects. She retired from a 35-year career as a biologist with the NYS Department of Environmental Conservation and has taught several courses including ecology, invasive species, and sustainability and has co-led many natural history rambles for Lifespring. She serves on the Town of Saugerties Conservation Advisory Commission and Ulster County Environmental Management Council.

Coordinator

Leslie Surprenant



D2 *Sometimes You Just Want to Have a Little Fun!*

LIMITED ENROLLMENT



Join this class to learn a few games you can play at your next get together with friends, on a family vacation, or when the kids or grandkids come to visit! Each session will be a light-hearted learning experience. We will start with fun and simple card games, and then "advance" to games you may never have heard of. If you enjoy a little competition and are a really good sport, you're going to love this course!

Required Materials: a deck of Standard Playing Cards ("unmarked" for any card sharks reading this) and 3 quarters. Remember to bring your cards and quarters to the first session!

Presenter

Betsy Mills comes to us from Merrick, Long Island. A 1987 graduate of SUNY New Paltz, she taught grades 1 through 3 for the Kingston City School District. She finished her career as a remedial math teacher. She is the mother of three grown and fabulous daughters as well as a volunteer for the Rosendale Theater, and People's Place. She serves on the People's Place Community Board and the Lifespring Curriculum Committee.

Coordinator

Betsy Mills

D3 *Healthcare in the United States: History, Medicine, and the Courts*

LIMITED ENROLLMENT

The tradition of the family doctor visiting the homes of the sick or aged is often colored by nostalgia. Historically, in the United States, medicine has combined science, economics, politics, and law to give us the everchanging jigsaw puzzle of determining who gets what in terms of medical care. We will explore the puzzle through the lens of history and the prevailing sentiments of the times.

Presenter

Mary Lou Dillon has a master's in history from NYU and an ongoing interest in the human condition. Ms. Dillon earned a certificate in Bioethics and the Medical Humanities from Einstein College of Medicine/ College of Physicians and Surgeons of Columbia University. She was a Visiting Scholar at the Hastings Center and a Master Teacher in the High School Bioethics Curriculum Project at the Kennedy Institute at Georgetown University. Upon her first retirement, she became one of the original staff at The Learning Collaborative, the Rockland County version of Lifespring.

Coordinator

Hildegard Pleva

D4 *Singing as a Human Activity*



This very cordial invitation is for anyone who sings, wants to sing, or has been told not to sing! You are invited to join this group singing class. Music reading ability is not a requirement for participation. We will explore the physical possibilities of our individual voices and work collaboratively to create our own mixture of sound and vibration. The world's cultural desire to sing for health and peace, community, and communication, is our backdrop. Most important - fun, breathing, unexpected revelations, and opening new perspectives on creating sound. A voice lesson with benefits!

Presenter

Phyllis Clark is a vocalist, pianist, composer, and choir director. With music studies begun in Watertown NY, the daughter of a Methodist minister and a soprano/baker, from a family of music-makers, she first led a singing workshop at Solway House in Saugerties in 1990 with her colleagues from the Western Wind Vocal Ensemble. After touring with them for 11 years, singing Bach Cantatas at Holy Trinity Series, directing Women Singing (a chamber choir), commissioning and performing music for soprano and piano, and singing choral gigs with the New York Philharmonic, she settled down to teach music to middle school boys in Manhattan for 20 years. A resident of West Camp since 2013, she teaches at Bard Prep music, leads Saugerties Sings with Gerri Ryan, and collaborates with musicians and singers at Saugerties United Methodist Church. Phyllis is a believer in the power of the human voice, especially in song and harmony. Home with husband Mike and Havanese Corbie, her passions are history, baking, gardening and politics.

Coordinator

Laura Phillips

D5 *Exploration in Mixed Media Art*

LIMITED ENROLLMENT

This course will incorporate mixed mediums of watercolor, clay form, and collage techniques to create a whimsical underwater Art piece. Christine is comfortable with the \$10 materials fee. She will supply all needed materials.

Presenter

Christine Howard is a lifelong resident of Kingston. She holds degrees in Graphic Art, Art Therapy, and Art Education. Christine served as The Director of Tourism for the City of Kingston from 1994-2000. Thereafter, she taught art throughout the Kingston City School District until 2024.

Coordinator

Betsy Mills



THURSDAY PROGRAMS

Varied dates, times, and locales

IN-PERSON/ONLINE

April 18 (1:00 pm – 3:00 pm)

SAUGERTIES PUBLIC LIBRARY COMMUNITY ROOM

E1 Judy, Joni, and Joan: Their Stories, Their Songs

LIMITED

May 8 and May 15

ONLINE/IN-PERSON

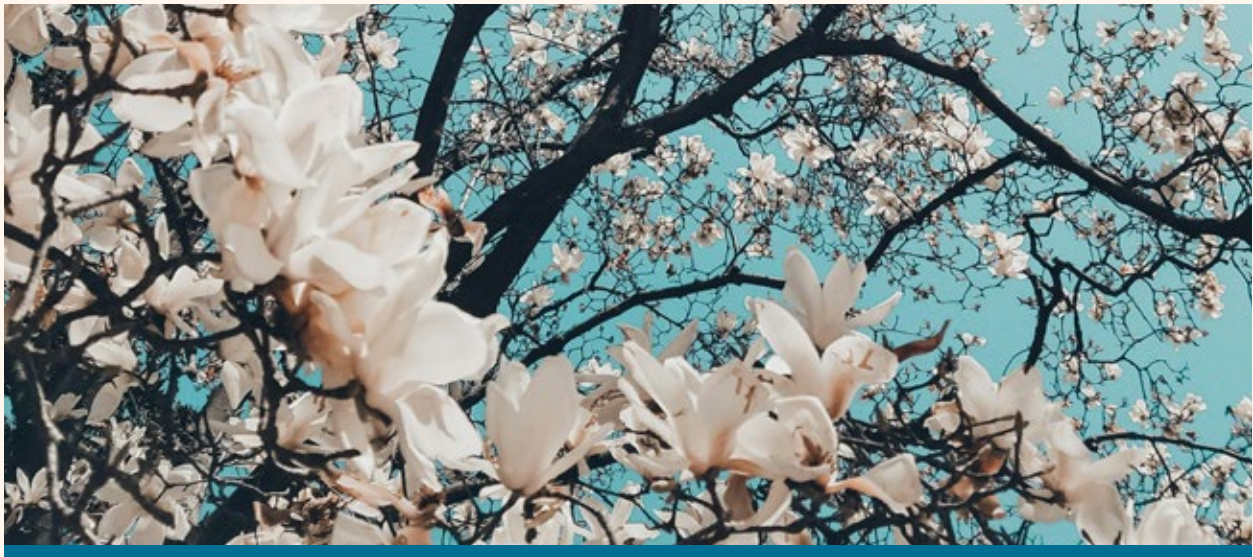
E2 **May 8 ONLINE** Horse Sanctuary and BITS (11:30 am – 12:45 pm)

May 15 FIELD TRIP to the Farm in Old Chatham (12:00 – 1:30 pm) **LIMITED**

April 17, April 24, May 1, and 8 (9:30 am – 11:30 am)

E3 Spring Nature Rambles

LIMITED



E1 *Judy, Joni, and Joan: Their Stories, Their Songs*
Thursday, April 18 (1:00 – 3:00 pm)

Saugerties Public Library Community Room LIMITED ENROLLMENT

Join Carlene Thissen, singer, songwriter, and author as she pays tribute to Judy Collins, Joni Mitchell, and Joan Baez, three icons of the 1960s and 70s folk music era. Carlene honors their influences on the times by relating their histories, songs, and intimate stories and she takes you behind the scenes of their careers and the songs that continue to impact music today.

Presenter

Carlene Thissen is a singer-songwriter who recently moved from Naples, Florida to the Village of Saugerties. As a young guitar-playing folk singer in northwest NJ, she performed in the 1960s and 70s featuring songs by her favorite female folk singers: Judy Collins, Joni Mitchell, and Joan Baez. According to Carlene, the best three days of her life were spent at Woodstock in 1969. She then became a successful businesswoman, started her own consulting company, married, and moved to Naples, Florida. She says a series of God-driven events led her back to her true self through the agricultural community of Immokalee located in southwest Florida, where she volunteered as a music teacher for immigrant farm worker children and sang in the choir at Our Lady of Guadalupe Church.

Coordinator

Prudence Garcia-Renart



E2 *Little Brook Farm Horse Sanctuary 2-day course*

**THURSDAYS: May 8 (11:30 am – 12:45 pm) ONLINE, and
May 15 (12:00 – 1:30 pm) FIELD TRIP to the Farm in Old Chatham, NY**

May 8 ONLINE (11:30 am – 12:45 pm)

Participants will learn about Little Brook Farm, a horse rescue established in 1977 making it one of the oldest horse sanctuaries in the US. We have rescued hundreds of horses over the years and currently oversee the lifelong care of over 100 horses. They are never bred or sold, and we maintain a strict “must return if...” policy when adopted. Through the generosity of 6 landowners and our own 55-acre farm, we have access to a total of 125 acres available for the 80 horses we care for daily. Our rescue resources include 20 outstanding foster homes that provide for an additional 35 horses and donkeys. We receive no government funding and have no paid employees.

Class members will also learn about education at the farm which is also home to B.I.T.S. (Balanced Innovative Teaching Strategies, Inc.), a not-for-profit organization that has worked since 1986 with the NYS Department of Education to provide educational, vocational, and therapeutic programs using the rehabilitated animals of Little Brook Farm. Our horses are our "working partners" with which we provide a wide range of safety-conscious programs for over 90 schools, agencies, and organizations at our farm and at other locations. Our students' success is achieved largely through the relationship with the horse, a non-judgmental creature that provides immediate feedback, and offers unlimited possibilities to grow mentally, physically and emotionally.

May 15 IN-PERSON FIELD TRIP (12:00 pm – 1:30 pm)

LIMITED ENROLLMENT

On Thursday, May 15, there will be a field trip to Little Brook Farm. If anyone has a mobility issue, please indicate this on the registration form so we can inform our host. All participants in the field trip must make their own travel arrangements to the site. Parking at the farm is limited. Plan to arrive at the farm by 12:00 noon and expect to stay approximately one to one and a half hours. It is strongly suggested that participants wear old shoes or boots as the group will be going to the barn to see the horses, and where our host will then open up the conversation for Q & A. Please note that the Town-Lifespring insurance requires that class participants sign a liability waiver and be responsible for their own transportation to the location.

Presenter

Lynn Cross founder and Executive Director of Balanced Innovative Teaching Strategies, Inc. (BITS), has owned Little Brook Farm since 1989. As a teenager, Lynn accompanied one of her mentors, the director of the local humane society, to assessments of cruelty or neglect complaints involving horses. Since then, she has spent her life coming to the aid of horses in need. Moving to Old Chatham, she initially rented the farm where she boarded and trained horses and gave riding lessons, before returning to college to earn her degree in education. In 1986, she established BITS and purchased the farm in 1989. Through BITS, Lynn has successfully blended equine rescue with educational, vocational, and therapeutic programming to the benefit of BITS' students and their horse partners.

E3 *Spring Nature Rambles*

THURSDAYS: April 17, April 24, May 1, and 8 (9:30 am – 11:30 am)

OUTDOORS at various locations LIMITED ENROLLMENT

Betty, Maryanne, and Margo are looking forward to continuing Lifespring's popular nature rambles with you! Participants will meet at a different site each Thursday to observe spring's progression in different habitats and locations. Participants' observations at each site will contribute to our enjoyment and help us to see both the commonalities and unique characteristics of each site. Of course, we will look for early spring flowers and listen to bird songs. Rambles will be less than two miles total. Participants will be notified of the choice of site several days in advance, and if bad weather forces us to cancel, they will be sent an email by 8:00 am that Thursday morning.

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

Presenters

Betty Schoen-René grew up in western Massachusetts and spent as much time as she could in the woods learning about plants and birds. As an adult, she lived in the West, but was fortunate to spend her summers in the Adirondacks. She still feels every walk is like a treasure hunt—you never know what you will find.

Maryanne Kalin-Miller arrived in Saugerties nine years ago after living on Chicago's North Side and working at the Francis W. Parker School for 42 years. She was the Head of the Middle School and taught an Animal Behavior class to juniors and seniors. As a progressive school, Parker encouraged their teachers to implement educational experiments. For 10 years she led all-day field trips to the Indiana Dunes for the Field Museum of Natural History.

Margo McGilvrey loves to hike, bike, and kayak. She has hiked over 3500 peaks and now enjoys a more leisurely pace in exploring our beautiful area. Margo serves on the Board of Esopus Bend Nature Preserve and is looking forward to the Spring Rambles.

Coordinator

Betty Schoen-Rene



FRIDAY PROGRAMS

Varied dates, times, and locales

May 9 (10:00 am – 12:00 pm)

OUTDOORS at Mawignack Preserve

F1 Catskill Ramble

LIMITED

May 16 (9:30 am – 11:30 am)

OUTDOORS at Cantine Fields

F2 Pollinator Meadow Site Visit

LIMITED

April 25 (1:00 pm – 3:00 pm)

IN-PERSON at WJC

F3 Dance, Voice, and Guitar

LIMITED



F1 *Catskill Ramble*

Friday, May 9 (10:00 am – 12:00 pm)

Mawignack Preserve LIMITED ENROLLMENT

Amble on a 1-mile loop trail through woods and meadows and along the Catskill Creek in Scenic Hudson's Mawignack Preserve. Except for a moderate elevation gain and loss at the start and end, this trail is flat. This preserve has 100s of years of human use from the Mohicans to farming to its current preserve status. "Mawignack" is a Native American word for "place where two rivers meet" and is the site from which Hudson River School artist Thomas Cole painted. This ramble, which is limited to 9 participants, will be at a pace allowing participants to stop to read interpretive kiosks along the trail and take in the gifts of spring in nature: birds, plants, aromas, sights, and sounds. 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

Leslie Surprenant has a degree in environmental science and has taken several graduate level ecology and related courses. She enjoyed a 35-year career as a biologist with NYS Department of Environmental Conservation and now serves on the Town of Saugerties Conservation Advisory Commission and the Ulster County Environmental Management Council. She teaches skiing at Hunter Mountain, outdoor skills for NY's Becoming an Outdoors Woman program, and is a NYS licensed guide.

Coordinator

Leslie Surprenant

F2 *Pollinator Meadow Site Visit*

Friday, May 16 (9:00 am – 11:30 pm)

Cantine Fields LIMITED ENROLLMENT (Limit: 20 participants)

Visit the new 1/4-acre pollinator meadow at the Cantine sports complex in Saugerties and learn about the importance of our native pollinator species and native plants that support them. Participants will leave with knowledge, inspiration, and ideas for how they can support pollinators at a scale that works for them. This project was developed by Lifespring member Leslie Surprenant under a grant she obtained for the town. This site visit requires the ability to walk across approximately 300 feet of mown grass to the meadow. Please note that Town-Lifespring insurance requires that class participants sign a liability waiver and be responsible for their own transportation to the location.

Presenter

Leslie Surprenant

Coordinator

Leslie Surprenant

F3 *Dance, Voice, and Guitar*

Friday, April 25 (1:00 – 3:00 pm)

A special performance at WJC LIMITED ENROLLMENT

In the early nineteen hundreds, legendary Spanish poet and musician Federico García Lorca collected many beautiful old traditional songs and dances. Using Kati Garcia-Renart's and Nicole Bernhardt's deep roots in Flamenco and Spanish music with composer/guitarist Terry Champlin's arrangements, they have adapted them using dance, singing, percussion, and classical guitar. This is soulful and melodious music from which Flamenco as we know it evolved.

Presenters

Kati Garcia-Renart is a choreographer and dancer. During her dance training in Madrid, Spain, she pursued research-based studies in Flamenco dance and pedagogy. Ms. Garcia-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. Garcia-Renart currently serves as assistant professor of dance at Bard College at Simon's Rock.

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 the University of New Mexico, pursuing a degree in 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 Garcia-Renart.

Terry Champlin, classical guitarist and composer, was voted Outstanding Individual Artist by the Hudson Valley Council of the Arts. His compositions have been featured on NPR, WNYC and the Ars Nova series, and on "Storm King," Pete Seeger's Grammy nominated final album. Reviews of his music include "Celebrating the human potential" (The Daily Freeman), "Haunting" (The Albany Gazette), "Spellbinding" (The Miscellany News) and "Beautiful, inspired, and honest" (Luis Garcia-Renart). He has performed in the "Hear America First" series at Carnegie Hall, at Avery Fischer Hall, with the Concord String Quartet, at the Bar Harbor New Music Festival, and in the Fairbanks Music Festival. He taught at Vassar College and the Mannes College of Music in New York City.

Coordinator*Prudence Garcia-Renart*

BOARD OF DIRECTORS & COMMITTEES

BOARD OF DIRECTORS

August 1, 2024 – July 31, 2025

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Assistant Executive Leader	Leslie Surprenant
Member	Maureen Bybee
Member	Anne Miller
Member	Peg Nau

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Secretary	Maureen Bybee
Member-at-Large	Lydia Edelhaus
Member-at-Large	Miriam Kragness
Treasurer	Peg Nau
Member-at-Large	Natalee Rosenstein
Member-at-Large	Betty Schoen-Rene
Member-at-Large	Leslie Surprenant
Non-voting Ex Officio	Susan Puretz

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Membership	Susan Davis
Events	Prudence Garcia-Renart
Hospitality	Maureen Huben
Publications	Anne Miller
Onsite Program Support	Susan Krompier
Registration (Registrar) & Online Program Support	Laura Phillips



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Lifespring salutes the founders of our organization:

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 Joe Churnetski
 Barabara Kaisik
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 Sandy Ostoyich
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