

**APPROVED MINUTES OF THE MEETING
LIFESPRING BOARD OF DIRECTORS
June 8, 2021**

PRESENT

Susan Puretz, President

Natalee Rosenstein, Vice President

Maureen Bybee, Secretary

Peg Nau, Treasurer

Laura Phillips, Registrar & Task Force for Online Learning

Diane McDowell, Member-at-Large and Co-Coordinator Curriculum Committee

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

Colleen Greco, Events & Services Co-Coordinator

Susan Davis, Membership Coordinator

Susan Krompiew, Program Support Coordinator

Lucy Stagich, Member-at-Large

Leslie Suprenant, Member-at-Large

Rich Davis, AV Coordinator

Lee Gable, Class Managers Coordinator

Anne Miller, Guest

Connie Cuttle, Newly Appointed Co-Coordinator of CC

Susan P called the meeting to order at 9:30 a.m.

A. Approval of Minutes

Susan K made a **MOTION** to accept the Minutes of the May 11, 2021 Board Meeting with second by Diane. **MOTION PASSED** unanimously without discussion.

Susan D made a **MOTION** to accept the Minutes of the annual meeting held on May 19, 2021 with a second by Lucy. **MOTION PASSED** unanimously without discussion.

B. President's Report and General Updates:

1. Susan P sent a note to Jen Russell, Director of Saugerties Library, following the advice of the retired director of the New Paltz Library suggesting that she contact Jessie at the New Paltz Library regarding their experience with a hearing loop. There has been no response to date.
2. Susan P displayed the certificates of appreciation created by Connie Cuttle for Norm Bowie and Mary Porter Hall who have retired from the Board. (Copies attached) Peg will pick up gift certificates from

the Inquiring Mind and send both gift certificates and certificates of appreciation to Norm and Mary.

3. Susan P shared the many notes of appreciation from the membership for the information they received by e-mail regarding the Walking Initiative. Copies of the notes are attached. Natalee added that she had received in person verbal thank-yous for the information.
4. Susan P also shared some reactions from members to the All Member LS Update which was also sent by e-mail. Copies of these positive and much appreciated notes are also attached.
5. The LS phone which is listed as our public contact is still being monitored by Greta Hutton once per week. She reports no messages.
6. Susan P is appointing Connie Cuttle as co-chair of the CC and to fulfill Mary Porter Hall's unexpired term on the Board ending July 31, 2021. In August members of all Standing Committees will be appointed.

C Board Reports: Attached

D. Old Business (Looking Backward)

1. General Wrap-up on 2020—2021: Susan P called for any comments and suggestions as we reflected on the past year. Leslie offered her appreciation of the last year's work and food for thought regarding possible efforts to diversify general and Board membership. This led to ideas from the Board on how to approach adding to the cultural, racial and gender diversity of both memberships. Natalee will include this particular concern for the Moving Forward Committee meeting in August. Susan K and Natalee also suggested seeking more diverse Presenters as well as Members.

Natalee observed that we did well to meet the challenges of a pandemic year and compared to other LLI's are holding our own.

E. New Business (Looking Forward)

1. Curriculum Committee

Diane made a **MOTION** with a second by Natalee to give one and two session presenters from the Winter 2020-2021 presentations, the February 2021 mini session, and Spring 2021 a free guest membership to attend courses in the Fall of 2021 since these will be on Zoom. In addition, since this may create a desire for these presenters to take classes in Spring 2022 after attending the Fall Zoom courses, an offer of a

one-time half year membership for \$25 will be offered to these presenters. This offer is for ten presenters, and any of the presenters from the Healthy You course (7 including the Coordinator) that may indicate an interest and attend Fall courses.

MOTION Approved unanimously without discussion.

Lew Brownstein originally could only present for the last 4 weeks of the Fall 2021 session due to personal travel plans. Over a series of communications, Susan P learned that his plans were altered. Today, Susan P suggested to him that with his latest change in plans perhaps he could offer a full 6 week course. She and Diane await his response in time to meet the catalog publication deadline.

2. Fall, 2021 the Mechanics and Concept

Susan P asked for Laura to describe the separate membership and registration processes including the attached sample forms. Laura has shared these same documents with Susan Greenstein for her input. Laura reminded us that all of the documents attached in the following reports are still open to editing by relevant committees and Members of the Board. The Catalog is to be sent on or near August 1. August 30 is the deadline for the membership application and fee to be received by US Mail. Receipt of the membership application and fee triggers an automatic sending of course registration materials. The final deadline for course registration is Sept 15. Laura requested that Board Members send edits, suggestions or questions directly to her.

3. Volunteers

Susan asked Natalee to discuss our continuing need for volunteers. This year, there is an opportunity on the membership application to indicate an interest in volunteering. Natalee has agreed to coordinate responses to these offers to volunteer. If need be, Natalee will call on other Board Members to respond to potential volunteers. The need for volunteers remains an important part of the Moving Forward Committee's concerns.

4. Spring 2022: What's up Doc!

Natalee noted that what to do for Spring 2022 will be item number 1 on the Moving Forward Committee with the intent of offering alternatives to the Board. Susan P will continue to contact WJC regarding their plans for Spring 2022. Connie proposed a survey of the Membership regarding their position on returning to in person classes. Susan D reminded us that, there are also Winter Presentations to plan. Susan D also expressed concern about the technical and person power needed

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for true hybrid courses. Susan P. suggested the possibility of split offerings of all virtual courses on Mondays and all in person courses on Wednesdays. Leslie advocated that LS present at least one online course each semester. Connie asked how did attendance at online Winter Presentations in December compare to in past person attendance. Connie wondered if fully online presentations during the winter months would be wise considering weather and caution as we age. Laura noted that well over 100 members registered for online Winter Presentations even though not all actually attended. There were 98 attendees at one Winter 2020 Presentation. We may need a larger space to continue in person Winter Presentations due to the Library's space restrictions. Natalee was concerned about how we might maintain and encourage our unique sense of community as LS if we rely too heavily on online courses.

Susan P noted no meeting is scheduled for July.

Susan adjourned the meeting at 10:38 a.m.

Respectfully submitted,

Maureen G. Bybee
Secretary

NEXT MEETING:

August 10, 2021 (by Zoom)

BOARD OF DIRECTORS

AGENDA: June 8, 2021

A. Minutes Board (May 11, 2021) AND Annual Meeting Minutes (May 19, 2021)

B. President's Report and General Updates:

1. Updates: library & the hearing loop
2. Implementation of Walking Initiative
3. Feedback from correspondence with membership
4. Other

C Board Reports:

NOTE: Format for the meeting will be changed. We will skip most of the oral reports and focus on specific Old and New Business items. Any questions about items in the Board Reports previously distributed for this meeting will be handled by special request.

D. Old Business (Looking Backward)

1. General Wrap-up on 2020—2021: Comments and suggestions

E. New Business (Looking Forward)

1. Curriculum Committee
2. Fall, 2021 The Mechanics and Concept
3. Volunteers
4. Spring 2022: What's up Doc!

NEXT MEETING:

August 10, 2021 (by Zoom)

Note: VACATION IN JULY --Unless needed!!!

REPORTS FOR JUNE 8, 2021 BOARD MEETING

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

PRESIDENT:

1. Continuing to carry out what Presidents are supposed to do (oversight of the minutia of both the big and small issues that occur daily and “nagging”). To do this and stay sane, have a life, and keep Lifespring afloat and functioning well, I do this with the help and cooperation of several individuals. At this time, I extend a big thank you for that help to Susan D, Laura, and Natalee --- as all of us continue to work for Lifespring’s health, welfare and continuity.
2. Worked with the two Event Coordinators, Lee and Susan D. et.al. on the new Walking Initiative as well as with the Director of the Saugerties Library re: the hearing loop system for the Library.

VICE PRESIDENT:

No report

TREASURER:

The updated Budget Worksheet is attached on the **last page** of these Minutes.
Peg Nau

REGISTRAR and On-line Task Force Report:

I have been collaborating with the publicity team on language for the upcoming fall catalog. Final edits will be by the catalog editors, At the May 11, 2021 Board meeting we approved a two part process – 1. Becoming a member and 2. Registering for fall courses. What follows is the membership form and the instructions on how to become a member that will appear in the Fall 2021 catalog if approved.

Laura Phillips

NOTE: What follows on the next several pages is a detailed description of the registration process. It is complicated and has taken a considerable amount of time of several individuals working out all the details.

Keep in mind that the 50 dollar membership fee is for a full year (no half-year memberships).

MEMBERSHIP ENROLLMENT

PRINT and MAIL THIS FORM
with a check for \$50 to:

Lifespring, Town Hall, 4 High St.,
Saugerties NY 12477

The membership fee for the year August 1, 2021-July 31, 2022 is \$50 (not transferable and not refundable). **All membership forms and checks must be postmarked by August 30, 2021.**

You will be sent an email link to register for courses using an Online Google Course Registration Form when your membership form and check are received.

Membership entitles you to sign up for all Lifespring courses and events 2021-2022. **NOTE:** You **do not have** to register for courses in the Fall to be able to take courses in the Spring or attend other Lifespring Events.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

Phone _____ Cell _____

I am a past presenter for Lifespring

Lifespring is a member-run, all volunteer organization. Every member has something that they can offer to make sure that Lifespring continues to operate as a robust and dynamic organization. You will find that there are opportunities to volunteer for tasks and positions that match YOUR interest and experience. For more information about volunteer opportunities, please check the box below, and you will be contacted by a Lifespring Board member.

Name _____

Email _____

I am interested in volunteer opportunities 66

MEMBERSHIP INFORMATION (for catalog)

Only members may register for Fall 2021 or Spring 2022 courses. **Note:** You are NOT required to register for classes in the Fall or Spring as a condition of (or to maintain) your membership

You may become a Lifespring member for the 2021-2022 academic year by mailing a completed Membership application form along with \$50.00 to Lifespring. There are no partial year memberships. Membership entitles you to participate in all Lifespring classes and events through July 31. Membership forms are also available by sending an email request to registrar@lifespringsaugerties.com

The postmark deadline for submitting your membership application form and fee is MONDAY, August 30, 2021.

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PLEASE NOTE: On-line course registration is a process separate from applying for membership. (See Page XX for instructions)

You will receive an email confirmation with a link to the Lifespring Fall 2021 course registration form as soon as your membership form is processed. Please remember when you send in your membership application and fee that postal service is subject to delays.

If you do not receive a confirming email and course registration form in a reasonable amount of time, please contact registrar@lifespringsaugerties.com

To ensure that the Lifespring registration email goes into your email INBOX (and not into Spam), please add these two addresses to your email contacts list:

registrar@lifespringsaugerties.com and lifespringtaskforce@gmail.com

There is NO course registration form included in this online course catalog. You will receive a link to the On-Line Registration Form in a separate email as described above.

What follows is a copy of the instructions on how to register for courses as they will appear in the Fall 2021 catalog, if approved.

COURSE REGISTRATION INFORMATION (for catalog)

Registration for Fall 2021 courses **can only be completed by** using the Google registration form that will be sent by email to all those whose 2021-2022 membership application and fee have been processed. You will receive the emailed link to the Registration Form automatically **shortly after** you send in your membership application form and fee. (See page XX of this catalog).

1. To register for the course(s) of your choice, please click on the “FILL OUT FORM” button contained in the email you receive after your Membership Application has been processed.
2. Enter all required information in the online registration form and mark your course selections.
3. At the end of the form, remember to click on SUBMIT **Note:** If you have technical difficulties filling out the registration form, please email us at lifespringtaskforce@gmail.com
4. When you hit SUBMIT, you will receive an immediate confirmation that your registration has been successfully submitted as well as a listing of the course selections you have made.
5. PLEASE BE CERTAIN TO CHECK YOUR SPAM FOLDER FOR THE CONFIRMATION IF YOU DO NOT FIND IT IN YOUR EMAIL.
6. On or about September 16th, you will receive a separate email from Lifespring for each course in which you are enrolled. Each email will contain a Zoom link, which is unique to the course. You will use this link each time you join a class session

The deadline for REGISTERING for ALL Fall 2021 classes is September 15, 2021.

Lifespring will send an email reminder on September 12 to members who have not yet registered for classes. If you believe you have already registered for classes and you receive this reminder, please contact registrar@lifespringsaugerties.com

Important Note: Zoom courses are not recorded. It is expected that those who register for courses will make every effort to attend.

Limited Enrollment Classes: You will notice that there are a few classes with limited enrollment. They are subject to a lottery if over-subscribed. For these classes there is an option to select a second-choice class, in case you are not admitted. If you are not admitted and have not selected a second choice class, you will not be scheduled for any class for that period.

Please do not register for a limited enrollment course unless you plan and expect to be able to attend. Otherwise, you are taking the place of someone else who wants to get into the course as much as you do.

Dropping, Adding or Switching to a Different Course: And finally, you may send a request to either drop, add a course, or switch to a different course by sending an email to registrar@lifespringsaugerties.com. No changes will be made after Sunday, October 10, 2021. Enrolled members may add courses until this date, even if they have not previously registered for any fall courses.

GOOGLE REGISTRATION FORM



Lifespring Course Registration for Fall Semester Classes - October 4-November 10, 2021

CLASS REGISTRATION ENDS MONDAY SEPTEMBER 15, 2021.

You have received this Lifespring Course Registration Form because you have recently enrolled as a member for August 1, 2021 - July 31, 2022. Your membership includes both the Fall 2021 and Spring 2022 semesters and all other Lifespring activities during the year. Every person attending classes during the fall and spring academic semesters must be a member, even if sharing a computer or other viewing device with another Lifespring member. This class registration form is intended only for those who have completed the membership form and mailed it in with their payment on or before August 30, 2021.

You may register for up to four courses.

1. Enter all required information in the online registration form and mark your course selections.

2. At the end of the form, remember to click on SUBMIT Note: If you have technical difficulties filling out the registration form, or do not receive an email confirmation, please email us at lifespringtaskforce@gmail.com. (You can click on the embedded link even if you have not submitted the form)

3. When you hit SUBMIT, you will receive an automated response immediately and a copy of your completed registration request form in your email from Google Forms (forms-receipts noreply.) For those of you who have selected a limited enrollment class, you will be notified whether you have been placed in your first or second choice class via the Zoom links you will receive on September 16th.

4. Please be sure and check your SPAM folder for your confirmation email!

5. On or about September 16th, you will receive a separate email from Lifespring for each course in which you are enrolled. Each email will contain a Zoom link, which is unique to the course. You will use this link each time you join a class session.

Limited enrollment classes are subject to a lottery if over-subscribed. For these classes there is an option to select a second-choice class, in case you are not admitted. If you are not admitted and have not selected a second choice class, you will not be scheduled for a class that period.

You may send a request to drop, add a course, or switch to a different course by sending an email to registrar@lifespringsaugerties.com. No changes will be made after Sunday, October 10, 2021.

Email *

Last Name *

First Name *

Street Address *

City *

State *

Zip code *

Contact Telephone # *

Membership status confirmation *

I have already submitted my completed membership form and dues by US mail

SELECT YOUR COURSES

You may register for any combination of courses up to a total of four courses.

MONDAY COURSES - October 4, 11, 18, 25, Nov 1, Nov 8 10. ++

See Course Catalog for full description - <https://www.life.....>

Selection for Mondays - Session A9:30 am-10:45 am - Please click on your first choice course. If desired, select a second choice course, in case your first choice is not available. If you don't have a second choice, leave the second choice box unchecked.

First choice
for 9:30 time
slot

Second
choice

A1 Our Women on the Ground: Essays by Arab Women
Reporting from the Arab World - Irene Hurst , presenter
LIMITED ENROLLMENT

A2 The Roaring 20's and the Arts - Chuck Mishaan,
presenter



Selection for Mondays - Session B11:30 am-12:45 pm - Please click on your first choice course. If desired, select a second choice course, in case your first choice is not available. If you don't have a second choice, leave the second choice box unchecked

First Choice for
11:30 time slot

Second
Choice

B1 Philosophy as a Kaleidoscope-Ed Erde, presenter
LIMITED ENROLLMENT



B2 Power Relationships in a Changing Middle East -
Lew Bronstein, presenter ++ (4 weeks -See Below



++Please note that B2 Power Relationships in Changing Middle East starts October 18 and runs for 4 weeks only, ending November 8.

WEDNESDAY COURSES - October 6, 13, 20, 27, Nov 3, Nov 10 - Note all Wednesday classes are unlimited enrollment so you do not need to indicate a second choice.

See Course Catalog for full description - <https://www.lifespri....>

Selection for Wednesdays- Session C9:30 am - 10:45 am Oct 6-Nov 10 (Choose no more than one)



C1 Sustainability - Jack Luskin and Leslie Surprenant, presenters

C2 Gentle Chair Yoga - Kathy Foley,
presenter

Selection for Wednesday Session D11:30 am-12:45 pm, (Choose no more than one)



D1 America's New Global Reality - Michael Simpler, presenter

D2 Baseball - Nathan Brenowitz,
presenter

What device will you use to join your Zoom classes *

Computer (either Windows or Apple)

iPad or other tablet

iPhone

Android smart phone

Telephone line (You must dial in from the contact number listed on page)

Other:

Do you wish to enroll in a Lifespring How-to Zoom review? Topics will include changing your screen view, muting and unmuting yourself, using chat for presenter questions, raising your hand virtually, how to answer a poll, and other questions you may have. *

Yes, please let me know the dates when scheduled

No Thanks

Please check here if you would like to find out more about volunteer opportunities as a Lifespring member.

Yes, please contact me.

Click on green SUBMIT button below to complete your registration. You will receive an automated response immediately and a copy of your completed registration form in your email from Google Forms (forms-receipts noreply.) (CHECK YOUR SPAM FOLDER TOO) Contact lifespringtaskforce@gmail.com if you do not receive a confirming email.

ZOOM INVITATIONS WILL BE SENT FOR ALL CLASSES ON SEPTEMBER 16.

All registrant will receive a message immediately upon clicking on SUBMIT.

ON-LINE TASKFORCE REPORT FOR LIFESPRING BOARD MEETING

Registration and On-line Taskforce Report for Lifespring Board Meeting June 8, 2021

Add/drop and attendance reports for six weeks of Spring 2021 classes:

	A1	A2	B1	B2	Weekly Total Attended	Totals for Period A	% Attended of Total enrolled Period A	Totals for Period B	% Attended of Total enrolled Period B
	Opera as Politics	Play's the Thing	Religion	Photo Talks					
Regstd March	60	14	48	69					
After Add/Drop	65	13	34	80	192	78		114	
Percent change	8%	-7%	-29%	16%					
Week 1	55	13	43	54	165	68	87%	97	85%
Week 2	48	12	26	61	147	60	77%	87	76%
Week 3	52	10	25	58	145	62	79%	83	73%
Week 4	52	11	21	58	142	63	81%	79	69%
Week 5	45	10	19	No Class	74	55	71%	19	56%
Week 6	41	9	18	No Class	68	50	64%	18	53%
Average	48.8	10.8	25.3	57.8					

Av % attending 75% 83% 75% 72% Of those still registered

	C1	C2	D1	D2		Weekly Total Attended	Totals for Period C	% Attended C of Total enrolled Period C	Totals for Period D	% Attended D of Total enrolled Period D
	Healthy You	Shakes-peare	Natural World	Chair Yoga						
Regstd March	43	31	64	42						
After Add/Drop	46	24	71	39		180	70		110	
Percent change	7%	-23%	11%	-7%						
Week 1	33	25	57	31		146	58	83%	88	80%
Week 2	35	17	47	29		128	52	74%	76	69%
Week 3	34	17	49	28		128	51	73%	77	70%
Week 4	31	15	38	20		104	46	66%	58	53%
Week 5	28	15	NO Class	17		60	43	61%	17	44%
Week 6	30	16	NO Class	No Class		46	46	66%		0%
Average	31.8	17.5	47.8	25.0						

Av %	69%	73%	67%	64%	Of those still registered
attending					

Definitions:

Total Membership including those with no classes				242	% of Lifespring members
Registered - people registered for at least 1 class this term			March	162	67%
Enrolled - highest number for specific class		B2 Monday Photo talks		80	49%
114 registered for the busiest period (B)				114	70%

Observations:

Attendance High water mark is	87%	for period A and week 1
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Annual Meeting Attendance

There were 61 members in attendance at the Lifespring Annual Meeting on May 19. Additional guests were Fred Costello and Andy Weintraub. Of the 61 who attended, 7 were new members.

STANDING COMMITTEES

CURRICULUM:

The lineup of courses for Fall 2021 is complete:

MONDAYS October 4,11, 18,25, November 1, 8			
Time	Course Title	Presenter	Coordinator
9:30	The Roaring 20's and the Arts" (SG/DM)	Chuck Mishaan	Susan G
9:30	Our Women on the Ground: Essays by Arab Women Reporting from the Arab World	Irene Hurst (Limited)	Susan P
11:30	Philosophy as a Kaleidoscope	Ed Erde (Limited)	Susan P
11:30	Power Relationships in a Changing Middle East	Lew Brownstein	Susan P
WEDNESDAY s October 6,13,20, 27, November 3,10			
Time	Course Title	Presenter	Coordinator
9:30	Gentle Chair Yoga	Kathy Foley	Susan K
9:30	Sustainability	Jack Luskin & Leslie Surprenant	Susan K
11:30	America's New Global Reality	Michael Simpler	Susan P
11:30	Baseball	Nathan Brenowitz	Natalee R

Diane McDowell

EVENTS and Services nee EVENTS and HOSPITALITY:

Events-- Part One:

Events Report for June 2021:

1. The tech rehearsal for the Annual Meeting took place on Monday, May 17 with Laura, Rich, and Colleen hosting & co-hosting. In attendance were: Susan P., Maureen H. , Peg N., Susan D., and Ann M. We rehearsed the short speeches and their accompanying screen shares of the various photos Laura had taken of all the volunteer groups and new Board members along with the accompanying charts—and then Laura, Susan P. and Rich continued the rehearsal to listen to Susan P.'s complete speech.
2. On the morning of the Annual Meeting, the task force involved were Laura, Rich, Carolyn and Colleen.
3. At 9:15 members were admitted into the meeting and could socialize with one another. Leeanne, our Town Board liaison attended. Colleen opened the meeting with a welcome to all 59 participants and then introduced Fred Costello, Town Supervisor, who gave a warm and gracious address of support from his phone in his car on the Thruway, which worked out fine once Laura made the technical adjustment. Then, Susan P. followed Fred to officially open the Business Meeting. She went on to summarize the many milestones Lifespring had accomplished despite the limitations of the pandemic, through the use of Zoom in the Fall Semester, in the once a month Winter Presentations, in the two week mid-February session, and finally, in the Spring Semester. As Nominations and Elections Chairperson, Laura gave the results of the Election voting and introduced the newly elected Board members by showing their pictures. Peg Nau gave the Treasurer's Report for the 2020-2021 fiscal year accompanied by a chart. Susan P. went on to honor the retiring Board members, Mary Porter Hall and Norm Bowie for their many contributions to Lifespring. Before closing the business meeting Susan P. asked for a moment of silence as the Memory Board, created by Peg Nau, was shred on the screen.
3. The final part of the Annual Meeting was the entertainment provided by Andy Weintraub, who humorously entertained the members with his 30 minute magic show. One unique aspect of the show was the fact that four members were able to volunteer and interact with Andy during two of his tricks: a card trick and a light bulb trick. (Thank you to Laura and Carolyn for your split screen skills!) Andy's stories, along with his unique tricks and good humor, kept the Lifespring audience intrigued and laughing. His performance was well received as noted in the many complimentary Chat comments. Many members were awed and probably came away scratching their heads wondering, " How did he do that??!!"

4. I sent a thank you note expressing the Board's appreciation and gratitude to both Fred Costello and Andy Weintraub.

5. Earlier in May, I sent a thank you note to Connie C. for the very colorful flyer she had created for the Annual Meeting featuring Andy Weintraub and his upcoming magic show.

6. Likewise, earlier in May, I sent a thank you note to Susan G. for coordinating with me in gathering the details of the Annual Meeting and then coordinating with Connie C. to create the flyer.

—Colleen

Events -- Part Two:

With the help of Rich Davis, Susan Davis, Lee Gable, Colleen Greco, Rich Davis, Susan Davis, Laura Phillips, and Susan Puretz, an e-mail was sent to the membership regarding Walking for Health and Pleasure with an attachment outlining some recommendations. Intro was written by Susan Davis.

Maureen H.

MEMBERSHIP:

As Membership Coordinator I have worked with Laura and others on the process for registering to be a member of LS for the Fall, 2021/22 academic year. This will include people who are joining Lifespring as new members. It was decided by the Board that for this 2021/22 year, we will make every attempt to accommodate everyone who pays the membership fee of \$50 and fills out the membership form that will be available in the Catalog of Courses, Fall, 2021 due out on August 1, 2021.

Susan Greenstein and I have collaborated on new wording for the Special News Banner on the Lifespring website thus bringing that statement up to date and accurate.

In coordination with Susan P, I have worked on keeping the general membership informed of the announcements made at the Annual meeting, particularly those pertaining to the election of the new Board members and the plans for the Fall semester on Zoom.

Susan Davis

PROGRAM SUPPORT:

No report

MEMBERS AT LARGE:

No report

AD HOC COMMITTEES

AV:

No report

CLASS MANAGERS:

I have nothing new to report.

Lee Gable

PUBLICATIONS COORDINATOR:

Lifespring newsletter, *News & Views*

The spring Newsletter was emailed and published online. Yay.

Fall Catalog

I have received all the texts from the curriculum committee, plus am now receiving revised text from various others – Laura, Susan D, etc. Even though Anna Landewe is going on vacation in the midst of this, it will not be a problem to get this on time for going “live” on August 1st.

Flyers

I worked with Connie Cuttle to get the Certificate of Appreciation created for Norm and Mary, and Susan P approved and had them sent off to the recipients.

Website

Susan D and I collaborated on revising the Special News section that appears at the top of the website. Anna has put up the new revised text for that. Susan D continues to work with David Cartmell to keep website current.



OTHER REPORTS

SEC (SENIOR EDUCATION COMMITTEE)

No report

GIFT COMMITTEE

This week we will be mailing the gift certificates and certificates of appreciation (WILL SHOW THEM AT THE Board Meeting) to our two retiring Board Members.

When Peg went to Adams the Lemon Trees were small and squatty. There was a really beautiful Hibiscus (Tree Looking) with pretty yellow flowers. (about 4 feet tall) She was captivated by the tree, and only \$34.95. They are holding the plant for us until Peg can process the check. Peg will check on the cost of the dedication plaque later this week.

It would be lovely to have a picture of the presentation to the SPL Library when it happens.

Respectfully,
Lifespring Gift Committee

MOVING FORWARD Committee:

No report

Natalee Rosenstein

**ELECTION REPORT FROM THE REGISTRAR/NOMINATING COMMITTEE --
UPDATE!**

I am assuming that if the Board approves the minutes of the May 19 Annual meeting on June 8, they are approving the nominations and elections report that is attached to those minutes, even though it was never sent before as a board report??

Laura

The Annual Meeting minutes say:

NOMINATIONS AND ELECTIONS BY LAURA

See attached report. On May 1 all members received a ballot with a slate of officers. Ballots were returned and received on May 10 with all the candidates on the proposed slate elected for two year terms beginning August 1, 2021 and ending July 31, 2023.

Vice President - Natalee Rosenstein

Treasurer - Peg Nau

Member at Large - Lucy Stagich

Member at Large - Anne Miller.

Compliments re: All Member Lifespring Update Letter

From Ron Sank's e-mail on June 2

Thank you Susan for the update. I look forward to classes in the Fall.

Bette

From eileenaogs e-mail on June 2

Sounds good.

From Ann Svec e-mail on June 2

Thank you.

From Hildegard Pleva on June 2

Many, many thanks to all who contributed to the ongoing vibrancy of Lifespring through a very challenging time.

Have a life-giving summer.

Peace and joy,
Hildegard Pleva

From Maryalicerf e-mail on June 2

Hello Susan, Members of the Board and the Many Key Supporters,

Thank you, Thank you for all the time and work you contributed to 'keep the wheels rolling' on the Lifespring Stagecoach. Much like the pioneers who drove onward despite temptations to just settle in and make the the best of a valley spring, you pushed onward and came together to form a really tight knit group who can meet any challenge.

We think we can still hear the echoes of your rallying cry...UPWARD AND ONWARD!

Now that you have plans in place for the next leg of the trip, we hope everyone takes the summer off for a well deserved rest. Time to water the horses and just Zone Out.

Very best wishes and much
Mary Alice Lindquist



, Ken and

Hello Lifespring Members,

As we make our way toward the early weeks of summer, I wanted to fill you in on some announcements that were made at our Annual Meeting on May 19th and to give you some news concerning decisions affecting Lifespring in the 2021/22 Lifespring year.

1. We would like to thank all of you who participated in the Lifespring Board of Directors election. The following people were unanimously elected to serve two year terms:

Natalee Rosenstein:	Vice President
Peg Nau:	Treasurer
Anne Miller:	Member at Large
Lucy Stagich:	Member at Large

2. Despite the pandemic, and with the hard work and nimble action on the part of many Lifespring volunteers and presenters, we were able to pull off a successful year including two semesters of classes, a February mini-series, Winter Presentations, and a few other events. Behind the scenes, we held countless hours of committee meetings, practice sessions, training events, Board meetings, and planning discussions. Emails between and among people “putting on the show” probably numbered in the thousands! It was a challenging year but one we will always remember for the grace and good spirit that so many Lifespring members brought to the experience as students and as implementers! A special thanks to the Lifespring Online Task Force for all of its preparation and execution. We would not have been able to move forward without them!

3. At the Annual Meeting we honored two retiring Board Members: Norm Bowie and Mary Porter Hall. Both have served Lifespring in several capacities and we are grateful for the contributions to our organization.

4. Looking ahead: the Board has decided that the Fall '21 Lifespring Semester will be presented via Zoom. This decision was arrived at after considerable thought and discussion by the Board as well as consultation with other LLI's (e.g. at Bard, Marist, and New Paltz) and the WJC, reading the latest

updates from the CDC and other scientific leaders and organizations, and emails from our leaders in local, state and national government. We are hoping that we will be able to add some hybrid opportunities and even some in-person events as we progress through the year and move ever closer to the time when we can once again return to our live and in-person semesters.

5. Looking ahead financially: The Board has also decided that the fee for Membership for the coming year-- August 1, 2021—July 31, 2022 -- will be \$50. This is a reduction from our normal fee of \$80. It includes courses in both Fall '21 and Spring '22 semesters, Winter Presentations, and any other special events.

6. Lastly, the Fall Catalog will be available on our website www.lifespringsaugerties.com by August 1, 2021. It will contain information for signing up to be a member for the 2021-22 year as well as the course descriptions and registration information for the Fall semester. Classes will be held on Mondays and Wednesdays starting October 4—November 10. We will send you an email when the catalog is accessible.

Thank you for being a part of Lifespring. We wish you a relaxing and restorative summer and look forward to seeing you in the Fall.

Susan Puretz, for the Lifespring Board

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Website: www.lifespringsaugerties.com

Phone: 845 246 2800 x452

Chronogram article about

Lifespring: <http://www.chronogram.com/issue/2009/9/Whole+Living/Springing-to-Life>

**COMPLIMENTS Received: Letter: Walking for Health and Pleasure
Sat., May 29**

Thank you for the list. We will check off each one as we go



Kathy Mellert

Thank you for making life so much better during the past year. Looking forward to enjoying some of the local walks you have brought to our attention. Alice Maceyak

Thank you for the lovely letter
Happy Spring!
Honey Fein

Great list! Also I like the old reliable Ashokan Reservoir walk
Mary Felton

Fantastic! Thank you.
Anne Miller

Very nice and every link opens. Thanks to everyone.

Maureen H.

On Thu, May 27, 2021 at 5:07 AM LifespringSaugerties <lifespring.saug@gmail.com> wrote:

Hello Lifespring!

Walking for Health and Pleasure:

A recent article in the NY Times by Dani Blum talked about the tendency to “languish” instead of “flourish” during this pandemic year. Flourishing is not always an easy task and has often been made more difficult by circumstances that have been beyond our control. Lifespring is pleased that we have kept our promise to provide an opportunity to nourish our minds and our desire to continue to learn through our Zoom classes, Winter Presentations and other events. But, as our academic year draws to a close and the COVID situation is showing some signs of easing in our area, our thoughts now turn to warm weather opportunities that refresh the spirit and provide some physical exercise!

In that spirit, we have prepared a list of local walks that might interest you if you are looking for a way to experience nature and get some exercise. Many of the walks on this list have been more fully described in our wonderful newsletter, "News and Views" in a reoccurring section called Easy Walks in Nature. You can find all of the back issues of the Newsletter on our Lifespring website: www.lifespringsaugerties.com. These articles give a more in-depth look at several walks and provide some good practical information. You can find a very timely article written by Lee Gable for the latest Newsletter (May, 2021) about the Hudson River Brickyard Trail <https://mailchi.mp/b68a7fd480b3/lifespring-newsletter-spring-edition?e=adf9a80d53#EasyWalks>

In the attachment to this note, we have listed these and other walks in this area. Most entries have a live link so you simply need to click on that link to get further information about hours of operation, rest-room facilities, distances, conditions, directions, parking, etc.

Common sense must prevail in terms of precautions one should take when heading out for a walk. Knowing what COVID restrictions are in place is very important, of course. Additionally many people want to experience these walks at times that are less crowded...others like the idea of being

with people and sharing the experience. Packing essentials like water, bug spray, a light snack, skin and eye protection , perhaps a walking stick or two can make the adventure more enjoyable. Using all of your senses to stay safe goes without saying! (But we've said it anyway!!) Checking websites for the latest information before heading out is also wise, particularly if you are heading for a new destination.

Look for local opportunities: A number of people who are already committed walkers find that creating their own route close to home is an easy way to make daily exercise a part of your routine and eliminate the need to drive somewhere to walk! If you are walking on any of the lovely rural roads in the area, be certain to walk facing on-coming traffic and to stay alert to your surroundings. Carrying a cell phone for emergency use is always a good idea if you are walking alone. One can observe all sorts of "doings" on what will become your very familiar route—changing vegetation, level of wildlife(bird) activity, neighborhood projects, etc. As always, safety and good preparation are your responsibility—and good walking shoes too!!

We hope that you will consider trying out some of these walks and that you will feel nourished and refreshed for having done so!

We'd love to hear your comments about any of the walks we've listed or others you have found on your own. Always feel welcome to send us an email at: Lifespring.saug@gmail.com. If we hear from enough of you, we may be able to assemble the comments and share them in the future. Feel welcome to send a photo if you like!

Here's to flourishing!!!

Susan Poretz, for the Lifespring Board
(With special help from Maureen, Colleen, Lee,Laura, Rich, Susan

