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Saugerties Adult Learning Community

NEWS & VIEWS

VOLUME IV: ISSUE 2 June 2017

ABOUT THIS ISSUE



Dear Lifespring Members,

What a great time of year for enjoying the pleasures of this wonderful Catskills region! Spring, along with the Lifespring semester, has flown and now June is here with its long days and the promise of summer stretching before us.

Depending upon when you're reading this, we're either about to have another Lifespring Annual Meeting or we've met and voted on several important topics. In either case, your Lifespring all-volunteer board of directors has worked hard over the course of many months to strategize and plan for the future of our organization and its success, and so kudos to all of them on behalf of all Lifespring members!

Read more about Lifespring changes in several articles in this issue: **Susan Puretz** writes about our successful reorganization and updates us in her *Message from the President* and the *State of the State of Lifespring*, and **Marv Beach** reviews a strategic planning process and its results.

Popular features are back including the Photo Op on the theme of Stacks with selections from

Juliette Eisenson, Harvey Greenstein, Mary Nevins, Gayle Schumacher, and me (my first time submitting photos to the newsletter). *Poetry Place* features spring-related poems by **Toby Elle, Marlin Klinger, Ernst Schoen-René**, and our poetry editor, **Esther Rosenfeld**.

Also highlighted in this issue are a *Meet the Presenters 5-Minute Interview* featuring **Mary Porter Hall**, a new *Book Review* from **Irene Rivera Hurst**, *Volunteer Projects of Merit* on Family of Woodstock submitted by **Nathan Brenowitz**, the *Library Corner* update by **Susan Davis**, another chapter in *Easy Walks*, this one at Cooper Lake by **Esther Rosenfeld**, a new column on *Member News*, and a look ahead to the fall 2017 semester.

Remember, we welcome contributions to the newsletter—poetry, essays, photos, or whatever interests you that you'd like to share with other Lifespring members—as well as any feedback about this issue. Write to me at stgreenstein1@gmail.com

Enjoy the summer and see you soon!

SUSAN GREENSTEIN



STATE OF THE STATE of Lifespring

Read more below



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PHOTO OP

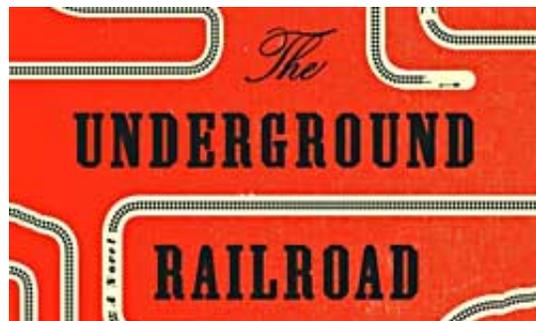
Stacks

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MEMBER NEWS

A new biography



BOOK REVIEW

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VOLUNTEER

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MESSAGE from the PRESIDENT

You are reading this issue at the end of our eighth year of existence. Our goal of a community studying and growing together continues to be met. Year nine's classes promise to be just as exciting and satisfying, and the hospitality room will continue to be a locus of lively conversation. Most amazing of all is the spirited dedication of our volunteers; volunteers are the lifeblood of Lifespring and are not only welcome but cherished. Please consider volunteering for one of our many committees and becoming even more of a part of the Lifespring community.

There are some changes ahead to our Board of Directors. Because of "retirements" and a reorganization of the Board brought about by an amended set of By-Laws (to be approved at our June 7th Annual Meeting), we will be saying goodbye to some and hello to others. Although **Roberta Gavner** and **Annette Zwickler** are retiring from their Board positions as Members-at-Large, they have guaranteed me that they will continue to be actively involved with Lifespring, and that's a very good thing. In addition and with anticipation, I look forward to working with our new Board members.

Last but not least, after much Board discussion, we voted to increase the membership dues, a situation necessitated by the increasing costs of goods and services. Therefore, effective with the Fall Registration, Lifespring dues will be \$80 per year, a twenty dollar increase. This change represents the first increase since 2009—quite an amazing financial feat, and it assures that Lifespring can continue to maintain the highest standards for our programs and events.

SUSAN PURETZ

STATE OF THE STATE

of Lifespring

A year ago April, Lifespring was at a crossroads; an emergency meeting was held to bring everyone up-to-date and to motivate more members to become involved through the many volunteer opportunities that had become available. Seventy-three members attended that urgent meeting and responded to our call for more volunteer participation enabling us to move forward with shared responsibility into the 2016–2017 Lifespring year.

Now, looking back, I would like to share how our successful re-organization was accomplished.

Peg Nau volunteered to become the Treasurer, and we gladly welcomed her to the Board. **Susan Davis** agreed to move from her Member-at-Large position to fill the vacated position of Membership Coordinator. In June 2016, at last year's Annual Meeting, we elected two new board members, **Eileen Shumbris** as Secretary and **Annette Zwickler** as Member-at-Large.

Curriculum and AV, two vital committees, were re-organized. **Jouette Bassler** and **Annette Zwickler** became co-chairs of the curriculum committee, and as you can see from the variety and excellence of the courses we offered for 2016-2017, they did a wonderful job.

The helm of the AV committee was assumed by **Rich Davis** as he stepped in for **Fran Jacobson** to continue providing this year's Presenters with the audio-visual support they needed, so critical to the success of so many courses.

A new volunteer position of Class Manager Coordinator was created and **John Moriarity** stepped up to take the tiller insuring that the important functions of the class managers would continue to run smoothly.

Many of the organizational tasks necessary for the successful week-to-week operation at the Woodstock Jewish Congregation were handed over to a newly created Ad Hoc Committee for Program Support and its new chair, **Laura Phillips**. Her administrative oversight allowed for a seamless merger of all the various behind-the-scenes chores necessary for a successful program.

While all these changes were directly reflected in our successful program operation, there are other efforts that have contributed to the overall success of Lifespring as well. We created the Ad Hoc Publications Committee, with **Susan Greenstein** as coordinator, to insure publication of our excellent newsletter, *News & Views*; our twice-a-year Course Catalog; and the Flyers for special events. In this role, Susan works with consultant, Anna Landewe, who now designs the newsletters and catalogs, and with Lifespring members **David Cartmell**, as webmaster, and **Connie Cuttle**, who designs the flyers that announce our various events.

With all these major changes, each of the various new and old committee coordinators then followed up by nurturing effective teams to contribute to our organizational transformation. At that year-ago emergency meeting, many of you signed on the line indicating the various committees in which you'd like to participate. You were contacted, you answered the call, and now many of you are participating in new ways, and the result is the continued health and well-being of the lifetime learning community that you experienced this year.

While all of what I've written sounds full of promise and might have us breathing a collective sigh of relief, there remain some issues ahead. Most of our Board members and many of the other active volunteers have been in their positions since the beginning of Lifespring. We are all eight years older and rethinking our priorities. We are simultaneously cutting back on some activities while at the same time adding new commitments.

Which is why it's so important that you continue to step forward and volunteer to serve Lifespring in whatever capacity you feel would be the best use of your talents. As part of *Lifespring: Saugerties Adult Learning Community*, we are counting on **YOU** to continue to help maintain and grow an ever more vital and vibrant Lifespring organization.

SUSAN PURETZ

WHY?

Strategic Planning, Bylaws Amendments, and Change

By now, all members will have received proposed amended bylaws, to be voted on at the June 7th Annual Meeting. To help you understand WHY the bylaws should be amended, we provide the following background information about the planning process. Please note that the “we” in the context of this article includes the Lifespring Board, the Strategic Planning Committee, and the Bylaws Committee.

Here's what we did not do: try to reinvent Lifespring.

Here's what we did do: examined Lifespring's purpose, operations, governance, health, and well-being. Then we brainstormed how to make it better.

Why it matters: we wanted to make sure that the way we operate is guided by our mission of creating a welcoming, inclusive, and lively learning environment that values its members. Policies and procedures must support the mission, and the organization's bylaws are the skeleton that keeps the organization upright and cohesive.

BACKGROUND

In November 2015, board members met for a “retreat” day to assess the state of Lifespring, to air concerns, and to generate ideas for future changes. Job descriptions and committee responsibilities were refined and possible reorganization ideas were considered.

In October 2016 the board appointed a **Strategic Planning Committee** (SPC) comprised of three board members (Susan Poretz, Susan Davis, and Marvelene Beach) and three non-board members with varying longevity and involvement in Lifespring to broaden the perspective of the committee (Lee Gable, Laura Phillips, and Chris Blair). The SPC identified organizational strengths, weaknesses, threats, and opportunities, and two major goals: keep Lifespring vital and refreshed and share responsibility and leadership among more people.

In December 2016 the SPC presented *Proposed Guiding Principles to the Board*, which affirms Lifespring's commitment to fostering a sense of community, as well as offering classes and ensuring opportunities for new people to serve on the board and in elected offices.

After voting in January 2017 that we would follow a cautious and incremental approach to board reorganization, we committed to continue the planning process and move toward further changes in the future. A **Bylaws Committee** (Susan Poretz, Susan Davis, Marjory Greenberg-Vaughn, and Marvelene Beach), was then appointed to address the goals for change with proposed bylaws

amendments.

MAJOR CHANGES

Establishment of term limits: Officers shall be limited to three (3) successive terms.

Members-at-Large shall be limited to two (2) successive terms. The point of this change is to ensure opportunities for participation in leadership roles and a refreshing of board membership—new ideas and different perspectives will help Lifespring remain vital.

Establishment of a new standing committee, the Program Support Committee, which carries out essential functions that were previously performed or managed by a member who had resigned.

The proposed bylaws amendments were accepted by the board at its April 11, 2017 meeting.

IN SUMMARY

The process to arrive at these and other minor changes was lengthy, but also energizing as we labored together to improve upon the Lifespring organization of which we are so proud. We hope to see all of you at the Annual Meeting when you'll have an opportunity to vote to adopt the bylaws and elect two new board members to take us into the next phase of successful lifelong learning and community with Lifespring.

MARVELENE BEACH

MEET THE PRESENTERS

The five-minute interview



This issue features **Mary Porter Hall**, who in the upcoming fall semester will be continuing her course on the very talented people who work behind-the-scenes to put on a big Broadway show. Look for Mary's course, **Broadway: Putting it Together** in the Lifespring Catalog, which will go online the first week in July.

Hometown

Wimbledon, England (as in tennis)

I was born in an air raid, but subsequently had a safe, boring Wimbledon upbringing. The saving grace was that it was only a half hour train journey to the Old Vic, where I spent most of my teenage years watching the entire Shakespearean First Folio of plays.

Alma Maters (all the schools you've attended and degrees you've attained)

I was trained as a stage manager at the Royal Academy of Dramatic Art. Even though RADA was and is the most famous drama school in the world, in my day it did not give degrees; therefore I have to admit I only have a certificate, as is also true of both John Gielgud and Anthony Hopkins.

Careers you've had or "jobs" you've done and your satisfaction with any or all

I've spent my whole life doing shows—stage-managing shows, casting shows, directing shows: shows delightful, shows unhappy, shows successful, shows closing on opening night. From working in the East End of London with radical director Joan Littlewood, to being the PSM of the Broadway productions of *Annie*, *Barnum*, and *Fosse*—it's been quite a ride.

Favorite kind of music to listen to (or to play if you play an instrument)

I stream WQXR, the classical station, most of the time.

Favorite book you've read in the past year OR favorite book ever

I've just finished reading "Keeping On Keeping On" by Alan Bennett, who wrote such plays as *The History Boys* and *The Madness of George III*. This marvelous book is a collection of his diaries, reminiscences and texts—I highly recommend it.

Favorite Broadway show in the past year (or ever)

I really prefer going to see shows at small theatres like Signature or Playwrights that often originate plays that end up on Broadway. I think the shows are always better in the smaller venue—and much less expensive. But I did love *The Curious Incident of the Dog in the Night-Time* on Broadway.

Favorite movie in the past year (or ever) OR favorite painting or artist

I recently bought a print of Garrowby Hill by David Hockney and hung it on the wall opposite my bed. It is thrilling to see the colors in the painting in the morning sunlight.

A "guilty pleasure" that you have and are willing to share with the readers

I like eating oats with soy sauce for breakfast, which some people seem to find peculiar.

One important thing you've learned throughout your life that you'd like to share

Rehearse, rehearse, rehearse: nothing replaces rehearsal—for everything.

Time travel destination (if you could travel either back or forward in time, where would you go and why)

When I think about going back in time, I have to consider that I would go back with the same persona, i.e., a woman—and no period comes to mind when being a woman would seem like much fun. Makes me realize that the present, worried as I am about it, is still a better place for a woman than previous eras.

LIBRARY CORNER

Happenings at the Saugerties Public Library

Museum Pass Program

The Saugerties Public Library is proud to offer a museum pass program that provides free

admission to museums in the region. Saugerties Library card holders can visit the following participating institutions using museum passes borrowed from the Library: Mid-Hudson Children's Museum (Poughkeepsie), Museum of Firefighting (Hudson), the USS Slater (Albany), Olana (Hudson), and the Intrepid Sea, Air, & Space Museum (New York City). Each pass checks out for three days. The Friends of the Saugerties Public Library generously provided funding for the museum pass program.

Healthy Lifestyle While Aging

In other Library News, the Special Interest Group, **Healthy Lifestyle While Aging**, founded by Lifespring member Susan Kahl, which we wrote about in the past issue of *News & Views*, continues to meet in the Community Room at the Library, usually on the first Thursday of the month, with a robust schedule of presentations and discussion.

Here are the upcoming dates and topics:

- Jun. 01 Moving for Life with Florence Poulain—Gentle Dance Aerobics
- Jul. 13 Guided Meditation with Dayle Groudine—Stress Relief
- Aug. 03 Older Drivers and Pedestrian Safety with Michael Sweeney of AAA
- Sep. 07 Taking Supplements with Josh of Village Apothecary
- Oct. 05 Anatomy of a Food Label with Charles Gioglio

Open to all, the meetings run from 1:00 p.m.–3:00 p.m. For additional information, check the Library website or contact Susan Kahl directly at susank12477@gmail.com

SUSAN DAVIS

PHOTO OP

Stacks

Each edition of *News & Views* offers Lifespring members an opportunity to participate in the **Themed Photography** feature. This issue's theme is **Stacks**.

Five photographers, **Juliette Eisenson, Harvey Greenstein, Susan Greenstein, Mary Nevins,** and **Gayle Schumbacher**, are featured in this issue. Each of them has taken the theme and interpreted it in different and interesting ways.

We encourage all of our readers to submit photos for the next issue, which will go online in autumn. The theme will be **REFLECTIONS**.

Whether you consider yourself “a photographer” or not, we’re all taking pictures on our cell phones as well as our cameras, and it’s a lot of fun and a stimulating brain exercise to go out and look for good images with a theme in mind. See below for submission guidelines.



Juliette Eisenson, *High Tea Photo*



Harvey Greenstein, *Stacks of Stone and the Temple of Love, Untermyer Gardens*



Susan Greenstein, *Honolulu Stacks*



Mary Nevins, *Hay Kitty*



Gayle Schumacher, *In the Library*

The theme for the Fall 2017 issue is **REFLECTIONS**.

Guidelines:

All photos **MUST** be in a HORIZONTAL format to be considered.

Please submit no more than 2 photos to be considered.

Each photo should be titled as follows: the title, your last name.jpg

(This means that you should RENAME your photo, changing it from the number designation.)

The photos may be black and white or color.

Please send all submissions to Susan Greenstein, Editor, at stgreenstein1@gmail.com

Don't be shy; this is a great opportunity to get your photos "published" to a receptive and appreciative audience.

POETRY PLACE

This issue features returning poets Toby Elle (Lieberman), Marlin Klinger, and Ernst Schoen-René, each of whom we've written about in previous issues of *News & Views*. I've also included one of my own.

We encourage YOU to submit your poems for publication in the coming issues of *News & Views*. Now, enjoy!

ESTHER ROSENFELD

Tiny Pink Buds

Esther Rosenfeld

Bare branches reach high
Tiny buds opened to the sky.

These pink buds charm me
Spring, I know, I see!

This city girl finds joy
In such simplicity.

Spring

Marlin Klinger

Spring has sprung
The grass has riz
People keep on

Toby Elle

Forsythia bursting in yellow crowns,
Grass tufts pushing through the ground,
Lilac buds appearing
Soon will be wearing their purple blooms.
Robins surprising,
Dandelions rising,
Temperature too.
No more waiting for warm breezes.
Glad we're rid of dreaded freezes.
Certain now that Springtime looms!

Finally, this submission plus introduction from Ernst Schoen-René

*Robert Frost's "Nothing Gold can stay":
Nature's first green is gold / Her hardest hue
to hold/ Her early leaf's a flower. But only for
an hour? Then leaf subsides to leaf / So Eden
came to grief / So dawn goes down to day/
Nothing Gold can stay.)*

ESR Variant:

Frosting

Ernst Schoen-René

Nature's *last green* is gold
Vain glory 'gainst the cold,
But gold decays to brown
And tumbles leaf-wise down;
Thus green and gold are lost
As winter comes, and frost;
But frost melts into rain
And gold-green comes again.

Saying this.
I know it's true
The sun is out
And birds will come

There is no doubt.
So put your coats
And boots away
Just go outside
To run and play.

But just remember
This refrain
There are some days
That it will rain.
Now don't lament
Or feel real low
The rain just helps
The flowers grow.

So spring has sprung
Enjoy the year
With family
And friends so dear.

Poetry Place needs poems for our fall issue. Please submit poems to esro711@gmail.com

MEMBER NEWS

A new biography on the horizon

This feature highlights news about membership and/or exciting news or events that involve our members. If you have some news that you'd like to share with your fellow Lifespringers for a future issue, send an email about it to stgreenstein1@gmail.com



A biography of one of our Lifespring members and popular presenter, **Harold Lieberman**, has just been completed by his wife, Toby Elle. The book is titled ***The Love Call of Harold J. Lieberman*** and is a tribute to Harold, a talented musician, who through hard work, determination, and help from mentors and therapists to overcome childhood traumas, was able to have a very interesting life and a satisfying career as a trumpet player in New York City. In the 1960s he became one of the top trumpet players in the studios (making records and commercials) and was on staff at CBS, where he played on the Arthur Godfrey radio show, the Carol Burnett and Ed Sullivan shows, as well as with the CBS Symphony. Perhaps his most prestigious accomplishment was playing with one of his idols, Benny Goodman.

The book, which is being self-published by *Create Space* through Amazon, was scheduled for a May printing, and once it's officially for sale it will be available through Amazon. If anyone wants additional information they may contact Toby Elle (Lieberman) at mlptoby@aol.com

Congratulations to Harold and Toby for this major accomplishment!

BOOK REVIEW

***The Underground Railroad*, by Colson Whitehead**

Before you take on the potent novel, *The Underground Railroad* by Colson Whitehead, open your

heart and your spirit to a modernist masterpiece that engages the mind, the heart, and the soul of the reader. Unlike other tales depicting the network of black and white activists who helped slaves escape to freedom before the Civil War, this Pulitzer Prize winning book converts the railroad from a metaphor to an actual series of trains that ferry fugitives northward.

Centered on Cora, a teenaged slave who flees the brutality of a Georgia plantation, this novel uses a narrative style that is both realistic and poetic. Time is elastic on Cora's journey and characters like Ridgeway, the fanatical slave hunter, the willing and unwilling helpers whom she encounters along the way, and the states to which she travels stand in for themes and concepts still resonating today.

Cora, the traveler on the "railroad," symbolizes the yearning for freedom that spurs one generation after another to persevere in the search for justice—despite threats and intimidation, despite reversals and efforts to turn back the clock. Ridgeway, the slave hunter, is a personification of a society that can hunt down and destroy anyone marked as its enemy without reason and without remorse. The American states through which Cora passes each represent a face of white supremacy.

Recent successful films like *Django Unchained*, *12 Years a Slave*, and *Free State of Jones* have given us stories of exceptional black men and white saviors triumphing over oppression. Whitehead uses his literary skill to give us a story in which police killings of unarmed black men, the massive incarceration of persons of color, and the return of expressions of white supremacy to national politics are the shadow companions joining Cora on her journey. He confronts and disabuses us of the happy ending incorporated in the popular narrative of these films. On this trip, Cora's sojourns in Georgia, South Carolina, North Carolina, Tennessee, Indiana, and onward are urgent invitations to the reader to see beneath the surface of the story to its themes.

Cora experiences torture, terror, trust, and mistrust along her exodus. She sees the good, the evil, and the in-between of humanity. And, unlike the basic escape narrative to which we've become accustomed, this runaway slave story, with its mythic voice and alternate timeline is a Trojan horse. Crouched within it is the history of slavery's aftermath: the bloody disappointments that took place between the Civil War and civil rights as well as the all-American story of grit, courage, persistence, and hope in the face of contemporary challenges to freedom.

Whitehead's story includes both the existential pain of slavery and a richly sketched allusion to destroyed potential. He means to remind us that the tragedy of slavery was not what happened, but what never happened because of it.

It is worth the effort to read and reflect on what this extraordinarily gifted writer has to say.

IRENE RIVERA HURST

EASY WALKS IN NATURE

Cooper Lake



Cooper Lake, located near Lake Hill in the Town of Woodstock is, according to Wikipedia, the largest natural lake in the Catskill Mountains. It also serves as the main reservoir for the city of Kingston and the town of Ulster. It is a jewel of a lake, reflecting mountain and big sky views, and it is very readily accessible.

After parking the car, I walked on a cinder path that wound round half the lake and is about a mile's walk, roundtrip. Walking there was a joy, with the lake on one side of the road and woods on the other. As I walked, I breathed in the wooded scents and listened to the silence, and then sounds of rushing waterfalls and the honking of ducks added to this very sensory experience. There are stands of birch trees framing the lake view, and I was stopped in my tracks by a huge turtle slowly making its way across the road to the water.

The level path afforded an easy walk, and it is very well maintained. It's a fine stroll for a walking meditation, as I'm usually the only walker on the path. I imagine that painters, photographers, and

poets would be refreshed by the view and the walk, and those seeking exercise will find it most pleasing as well.

IF YOU GO: take Route 212 toward Bearsville and bear right at the crossroad, following 212 to the Lakeville Post Office, which will be on your left. Then take a Left turn onto Cooper Lake Road, which is just after the Post Office. You will pass many houses, and then the road narrows and turns from asphalt to a cinder path.

You may legally park on any of the wider stretches of shoulder on the lake side. There are two houses on the path, and I parked across from the blue house. Note that there are no bathroom facilities of any kind.

Remember to bring sunglasses, hat, water bottle, and sunscreen, as there is some shade, but usually you're walking in full sun.

Enjoy!

ESTHER ROSENFELD

photo by Daniel Case

VOLUNTEER PROJECTS OF MERIT

Making a Difference in our Communities

In this issue, we continue to write about how Lifespring members are also involved in a broad range of volunteer activities and organizations in their communities. Here we feature Family of Woodstock, a multi-program human services agency founded in 1970.

This article was submitted by Lifespring member and presenter, **Nathan Brenowitz**. A musician who has studied and played music around the world, Nathan also holds degrees in counseling, meditation, education, and business. Nathan has remained connected to **Family of Woodstock** for the past forty-one years.

If you'd like us to highlight a community initiative that you think may be of interest to others, please

write and tell us about it, and we'll consider it for future issues of *News & Views*.

Family of Woodstock

Family of Woodstock has as its motto, *Any problem under the Sun*, and they're not kidding!

The first or second oldest crisis hot line in the country answers calls dealing with everything from suicides to what's playing at the movies.

I moved up to Woodstock from Brooklyn with my wife Laurie in 1976, and Family was our first contact with the community. I began working on the hot line then and today I continue to participate by being a member of the Board of Directors as well as being a counselor with the Family of Woodstock Counseling Service. Continuing programs include child care, domestic violence services, food and shelter assistance, youth and adolescent support, and so much more.

Family has walk-in centers in Woodstock, Ellenville, New Paltz, and Kingston; emergency shelters for homeless youth, for victims of domestic violence, for homeless families; a network of food pantries; counseling on a range of issues from drug counseling to mental health issues; and an ongoing commitment to helping people achieve self-sufficiency and self-respect.

The special aspect that I love about Family and the one that truly characterizes it is the amazing non-judgmental attitude that permeates all of its activities and services. Our world would be a much better place for all of us if it followed that attitude of acceptance and kindness.

To learn more about **Family of Woodstock, Inc.** visit the website at www.familyofwoodstock.org

NATHAN BRENOWITZ

COMING SOON

Fall Course Catalog

The **Fall 2017 Course Catalog** will be posted online the first week in July; and you'll be receiving it as an email at the same time. The Curriculum Committee has developed a great line-up of courses

—five in each time period—with “something for everyone” that is sure to be of interest.

Be sure to look for the catalog and to register for next semester’s courses!



NEWSLETTER TEAM

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Irene Rivera Hurst, Fran Jacobson,

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