



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An
Adult
Learning
Community

FALL2013
COURSES

LIFESPRING
Town Hall
4 High Street
Saugerties, NY 12477

845 246 2800 ext 452
lifespring.saug@gmail.com

www.lifespringsaugerties.com

WELCOME

LIFESPRING, an adult learning community, offers a broad range of noncredit educational activities for retired, semi-retired and other adult participants. **LIFESPRING'S** goal is to provide diverse learning experiences for all its members, regardless of previous educational background.

We recognize that many active retirees wish to continue to learn and grow and desire to participate in an environment of sociability and mutual encouragement. In this venue, we come together to share our knowledge and interests and socialize with like-minded people.

LIFESPRING offers classes/courses, lectures and events that provide opportunities for active adults and/or retirees to:

- **stimulate our minds in new and creative ways**
- **learn about topics that have been intriguing**
- **challenge ourselves in new areas**
- **open new vistas in learning**
- **discover new talents, skills and interests**
- **develop new friends**

Membership and Fees: The annual membership fee is \$60 per person. This entitles each member to at least 2 courses a semester and any planned special events. The year runs from August 2013 – July 2014. There is a fall semester and a spring semester. Some presenters may ask for the purchase of a textbook, or may require a small materials fee. Please note membership fees are not refundable.

Location: Most courses are held at the

Woodstock Jewish Congregation (WJC) in Saugerties

on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

Gratitude: All the jobs and tasks are done free of charge. Volunteers include the instructors, course coordinators, committee members, Board members and many others who donate their time and energy for the **LIFESPRING** program. We respect their hard work, generosity and talent, and we thank everyone who is a part of this creative endeavor. In addition, we thank the Town of Saugerties for their generous support and backing. We extend further appreciation to the WJC for allowing us use of their ample and comfortable space.

Feedback: If you have any feedback or suggestions, please feel free to come to a Board meeting and discuss the issue. Board meetings are usually the second Wednesday of the month at 3:00 pm in the Town Hall Building Department conference room. (Check first to see if a meeting is being held). In addition, you can direct any questions to: lifespring.saug@gmail.com or call us at **845 246 2800 ext. 452**.

FALL2013

Registration Information

Dear Members,

The fall semester begins on Wednesday, September 18, 2013 and ends on October 23. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description.

Registration closes on August 1, 2013.

Registration is a complicated process so please read the information carefully.

This semester we once again are able to offer an expanded program with more courses and events. Here's how the program and registration process work:

- 1. CLASS CHOICES:** Some classes have size limits mainly because the presenter has requested it or the size of the rooms we are using requires it. Therefore, please **SELECT a first and second choice** for each time slot. If you are not interested in a second choice then leave a blank, but be aware that if you are not placed in your only choice, you may not have a class in that time slot. We make a very sincere attempt to satisfy everyone's wishes for their class choices; however, it is not always possible for you to get your first choice. In the classes where the enrollment has been limited and we receive more registrations than that number, we will use a lottery system.
- 2. THE LOTTERY SYSTEM:** It is important to realize that registration processing **BEGINS** on the day after the close of registration. At that time, if it is determined that a lottery is necessary for some classes, the following condition applies: People who serve on committees that meet continuously throughout the year get priority placement in classes. After they are placed in the classes of their choice, names are randomly drawn out of a hat to determine the roster for that class. A waiting list will also be created. All others (including those names on the waiting list) will be given their second choice if one has been indicated.
- 3. CLASS SIZE:** If there is a limit on the number of people in the class it is because of a request by the presenter. Out of respect for the presenters and the integrity of the course, we honor the limit they requested. This often has to do with the intensity or intimacy or need for small group discussion that makes the course what it is. **It is not appropriate to switch classes if you are not officially registered. Please do not ask this of a presenter or Class Manager who is taking attendance. In many cases there are waiting lists that have been established by the lottery for a particular class.**
- 4. ATTENDANCE:** Please be aware that presenters have carved out of their busy lives a time commitment to Lifespring. We understand that you also are very busy in other areas of your life, but we encourage you to attend the classes you sign up for to the best of your ability. Please note: The small classes are usually in high demand and may require a lottery. Please register for these classes **only** if you expect to be present for them.
- 5. FILLING OUT THE FORM COMPLETELY:** Filling out the form as directed maximizes the chance that you will get what you requested. Blanks will be taken as blanks. Please fill out the form completely. **If you have questions about how to use the form, please call or email.**
- 6. COURTESY AND RESPECT:** It is the volunteers who have created and made this program possible and successful. We ask that these people be treated with respect for their hard work and talent.

COURSES

Course A-1 THE ART OF MEMOIR: TELL YOUR STORY
Wed. Sept. 18, 25; Oct. 2, 9, 16, 23; 9:30 am – 10:45 am

Class Limit: 12

Tim O'Brien, author of **The Things They Carried**, says, "...remembering will lead to a story..." For participants in this class, now is the time to remember, to unearth the life stories you wish to write. You will find (or choose) your voice. Is it your twelve year-old-self or is it the wise elder who wishes to be the storyteller?

Using a variety of prompts, you will be astonished by the breadth, depth, and originality of your sketch. In this class, everyone will be a writer, free of any internal critic that may have sabotaged past efforts to write. Explore your life paths, adventures, triumphs and failures, and joy... no longer intimidated by the blank page. You will listen and share with writing peers, as you tell your story-truth!

Presenter: Pat Richards is a New York State certified teacher and was Executive Director of Ulster Literacy 1985 to 1989. She has been a writing group mentor and workshop leader since 1990. Her writing has appeared in many publications, including: **New Century Voices** (2000, 2001, 2002) and **Wisdom of Our Mothers 2010** (anthologies); **Catholic Digest** (1989), **Family** (1990), and **The Upper Room** (1992) (magazines), and **Flashquake**, www.flashquake.org/archive/vol1iss1/, **Beliefnet**, <http://www.beliefnet.com/Inspiration/2000/12/The-Gift.aspx>, **Inkspin**, www.inkspin.com/vo1no2/index.htm. She has also published **Sassy Pat Knitting: A Memoir**.

Coordinator: Arzi McKeown

Courses will be held at the Woodstock Jewish Congregation unless otherwise noted.

Woodstock Jewish Congregation
1682 Glasco Turnpike
Saugerties, NY 12477



Course A-2 EVERYTHING YOU REALLY NEED TO KNOW ABOUT INVESTING

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
9:30 am – 10:45 am

Many people are overwhelmed or confused when it comes to personal finance. Help is on the way. This course will help to demystify the many types of investment choices and will give you a better understanding of the pros and cons of different alternatives. Topics will include: The treacherous stock market, Bonds aren't all that boring, The powerful case for mutual funds, Why asset allocation is all-important, Building an all-weather portfolio, and The worst mistakes people make.

Presenter: Warren Boroson has written more than 20 books on financial matters, including **How to Pick Stocks Like Warren Buffett**, **Keys to Investing in Mutual Funds**, and **How to Buy a House for Nothing (or Little) Down**. His most recent book is **The Reverse Mortgage Advantage: The Tax-Free, House-Rich Way to Retire Wealthy!** He has had articles published in **The New York Times Magazine**, **Woman's Day**, **TV Guide**, **Better Homes and Gardens**, **Reader's Digest**, **Consumer Reports**, **Money**, and **Family Circle**.

Coordinator: Susan Greenstein



Course A-3 WHY VIETNAM? - Part 2
Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
9:30 am – 10:45 am

Semester 2 will begin with the climactic year of 1968 during which the Tet offensive and two of its biggest battles – the Battle for Hue and the Siege of Khe Sanh - took place. We will continue with the beginning of the Paris Peace talks, Nixon's 'Vietnamization' and the battle for Hamburger Hill in 1969, the expansion of the war into Cambodia followed by the student protests at Kent State in 1970, and the reduction in US troop strength in Vietnam.

We will take a look at the home front here in the US in 1968 and 1970, move on to the end of direct US combat involve-

COURSES

Course A-3 WHY VIETNAM? - Part 2 (Cont'd)

ment by early 1973, and conclude with the fall of Saigon in 1975, and a brief look at Vietnam today. We will review some important questions including could we have won the war if we really tried to, and what, if anything, have we learned from the Vietnam War?

The course will welcome all who are interested in the topic regardless of whether or not they attended the first half, however basic familiarity with the history of the Vietnam War would be helpful to those who did not take Part 1.

Presenter: *Doug Blair graduated from college in 1967 and was drafted into the Army in April of 1968, serving in Vietnam from December 1968 until December 1969 with the 61st Combat Tracker Platoon attached to the Army's 1st Infantry Division. During his year in Vietnam, Doug received the Combat Infantry Badge, the Bronze Star, and the Air Medal. Since serving in Vietnam, he has read numerous military histories of Vietnam and the French Indochina War and has used many of these sources for his "Why Vietnam?" course.*

Coordinator: Susan Puret



Course A-4 AMERICAN PAINTING FROM THE BEGINNINGS TO THE CIVIL WAR

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
9:30 am – 10:45 am

In this course we will look at American painters and their worlds--from the earliest sign painters-turned-traveling-portraitists to the more rational eighteenth-century Federalists (Paul Revere and Benjamin West); and on to the Pre-Romantics (John Singleton Copley, John James Audubon), the Romantics (Thomas Cole, Frederic Church), and the mid-century Realists (Winslow Homer, George Bingham). The instructor will provide pictures of paintings under consideration, historical time-lines, samples from contemporary writings, and terms to help make talking about paintings easier.

Course A-4 AMERICAN PAINTING FROM THE BEGINNINGS TO THE CIVIL WAR (Cont'd)

Presenter: *Ernst Schoen-René has taught a wide range of courses in the humanities for 40 years, mostly in California, working with students from second grade through graduate school. He has received awards for excellence in teaching, in advising, and for writing music reviews. In addition, he has written children's musicals and music for other plays and enjoys facilitating exploration of the arts for students of all ages.*

Coordinator: Susan Greenstein
Painting: John Singleton Copley,
"Watson and the Shark" (1778)

Course B-1 WOMEN AT HISTORY'S TURNING POINTS: THEIR LIVES, ACTIONS AND SONGS

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23; 11:00 am – 12:15 pm

Class Limit: 25

The meaning of American identity, nationality, and ideals is rooted not only in the lives of the men who steered our developing country but also in the important as well as the anonymous or forgotten women who participated in the turning points in our history. We will look at six periods in our national story—three that have been extensively discussed and three that have been largely ignored. Each week discussion will center on the historical context of the era and its lasting impact on the world in which we live.

The role played by individual women, famous, infamous, and largely ignored, will be presented and discussed. Participants will be invited to engage in discussions of themselves as imaginary citizens of each era. Where would you stand on issues? How do you think you would act in a similar situation? What outside pressures existed to form women's attitudes and values? How were women generally portrayed and regarded within the emerging national saga?

In a twist on the usual, each session will end with a folk song written for or by a woman of the period. You'll be invited to listen and then sing along. Experiencing a

COURSES

Course B-1 WOMEN AT HISTORY'S TURNING POINTS: THEIR LIVES, ACTIONS AND SONGS (Cont'd)

simple piece of music can extend our course from the talking to the feeling level. It's also fun and voluntary—no judgments, no special skill required.

Presenter: Irene Rivera Hurst began her career as a middle school English teacher, then spent 14 years as an elementary school principal in Nassau County, Long Island. She returned to her alma mater to teach Literacy Studies for ten years. She holds a BA and an EdD from Hofstra University and an MA from SUNY, Stony Brook. She also has a lifelong love for the written and spoken word as it enriches our lives. Irene has played guitar and collected women's songs, poetry, essays, and letters for many years. "The hand that rocks the cradle rules the world," is more than a cliché to her.

Course B-2 CONTEMPORARY AMERICAN SHORT STORIES

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23; 11:00 am – 12:15 pm

Following the spirited discussions of a recent Lifespring course on the short stories of Ann Beattie, the latest offering by presenter Laura Shulman this time focuses on a multi-author collection, *The Best American Stories 2010*, edited by novelist Richard Russo. The class will consider the differences in subject, approach and style of each writer, and what makes the story one of the "best." Class members will learn to read critically and with an awareness of the art of the writer, trying to answer the following questions: What is a short story? How do the characters, language, setting, plot, theme, and point of view work in the story? Is the narrator "reliable"?

The paperback anthology may be purchased online, at local bookstores, or is available through your public library. Please bring the book to class on the first day.

Presenter: Laura Shulman has a PhD in English literature and has taught at Rutgers and Hofstra Universities. Also an attorney, she is now practicing divorce law part-time, specializing in Collaborative Divorce and Mediation.



Course B-3 THE HISTORIC ARCHITECTURE OF ULSTER COUNTY

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
11:00 am – 12:15 pm

Have you ever been curious to know more about the picturesque

old stone houses that dot our Hudson Valley landscape? Do you find yourself often stopping to admire the harmonious proportions or beautifully crafted details of particular residences, churches, or commercial buildings that are treasured relics of the distant or not-so-distant past?

Here's a chance to explore the different architectural styles used locally, learn their names, sources, and identifying features, and where, right under our noses, prime examples of these styles can be found. Along the way you'll pick up some social history of how people in our local communities responded to what was "in style" during different eras of our region's past.

The course will consist of a slide-illustrated survey of the architecture of Ulster County from the colonial period to 1950, with glimpses of historic buildings in neighboring Greene and Dutchess Counties.

Presenter: Bill Rhoads is a professor emeritus of Art History at SUNY New Paltz and the author of *Kingston, New York: The Architectural History & Guide* (Friends of Historic Kingston and Black Dome Press, 2003) and *Ulster County, New York: The Architectural History & Guide* (Black Dome Press, 2011).

Coordinator: Susan Poretz

Photo: Mohonk Mountain House Website

You are never too old to set another goal or to dream a new dream. - C.S. Lewis

COURSES

C-1 LAST MINUTE CANCELLATION


**Course C-1 ALAN'S ITALY:
MY PERSONAL JOURNEY,
PART 2**

Wed. Sept. 18, 25; Oct. 2, 9,
16, 23;
1:15 pm – 2:45 pm

Class Limit: 20

Class members will enjoy this continuation of Alan's Italy: My Personal Journey, Part 1. As before, we will explore this stunning country through the instructor's eyes – Alan has been a traveler and lover of all things Italian for the past twenty years. Our tour of the country will focus on his favorite hotels, restaurants, and sights to see. We will begin by viewing photos of Rome, and then continue on to Umbria, Alto Lazio, and the Amalfi Coast.

Alan will showcase his favorite museums and the works of art that mesmerize him. In the final class we will view the art in some famous churches. We will also spend time with Alan's favorite people, Italian and American, and through memorable photos the class will experience the warmth of Italy as Alan has since 1992. (Part 2 can be enjoyed without having participated in Alan's Italy Part 1.)

Presenter: Alan J. Greenhalgh spent 41 years of his professional life as a teacher and supervisor of high school mathematics and concurrently, a college teacher, also in mathematics. Over the years, he has traveled to much of western Europe but when he arrived in Italy, he was "stunned by the magnificence." He has returned to Italy 19 times, traveling and spending time in parts of Italy north of the town of Amalfi. Currently, he has a TV show about his Italian travels and adventures on Woodstock Public Access Television and says he would like to spend the rest of his life sharing his love of this wonderful country and advising people who are traveling there.

Coordinator: Susan Puret

Photo: Alan Greenhalgh/Lake Como


**Course C-2 PURSUING MOBY DICK
FOR PLEASURE**

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
1:15 pm – 2:45 pm

Class Limit: 25

If Herman Melville's *Moby Dick* is on your bucket list of great books to read or re-read—but so far you've been putting it off—here's a chance to explore the novel's complexities with the support of a skillful leader and congenial fellow students.

By the first class session members of the class are asked to have **recently** read any edition of this 600-plus-page classic. Then in the course itself, class members will re-read the book in sections, each bringing to the class's attention puzzling or dazzling passages for all to discuss. Despite the many classical, nautical, and historical references (explained online at <http://www.powermobydick.com/>) the book is easy, funny, wise, and often exciting, yea, even in the long explanations of cetology!

Presenter: ViVi Hlavsa, who has led classes in both poetry and literature for Lifespring, has a PhD in English from the State University of New York at Stony Brook and taught English at Queens College. Her poems have appeared widely in journals and in the books *Squinned for a Sign* (University of Hull, 1993) and *Waking October Leaves* (Time-Being Books, 1993). She says she is more of a *Moby Dick* appreciator than a Melville specialist.

Coordinator: Susan Davis

We write to taste life twice, in the
moment and in retrospection.

-Anais Nin

COURSES

Course C-3 IMPROVING MEMORY AND CONCENTRATION

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23; 1:15 pm – 2:30 pm

You'll never forget what you learn in this class! Learn and practice powerful techniques that will help you to focus your energies and attention. You will improve your ability to concentrate, to study more efficiently, and to remember names and faces. Explore strategies for filing and retrieving information and find ways to overcome the emotional and physical blocks to learning and remembering.

Presenter: *Linda Zelizer, MS, PD, is a psychotherapist, spiritual director, Synergy bodywork practitioner and an energy medicine worker. She has designed and conducted workshops for businesses and many community organizations. Linda has taught numerous classes for LLI at Bard College since its start. She holds a master's degree in education and a professional diploma in counseling and human resources.*

Coordinator: Arzi McKeown



Course C-4 WOMEN IN JAZZ

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
1:15 pm – 2:30 pm

Using rare films and recordings, we will focus on the struggles that women in jazz endured with formidable

barriers imposed by society and male attitudes. Highlighted musicians will include: Ma Rainey, Bessie Smith, Lil Hardin, Ethel Waters, Billie Holiday, Mary Lou Williams, Ella Fitzgerald, Sarah Vaughan, Maxine Sullivan, Anita O'Day, and numerous others.

This is a course both for music lovers and those who are interested in women's history.

Presenter: *Harold Lieberman is an award-winning professor emeritus of music who taught at Ramapo College, Manhattan School of Music and Mannes*

Course C-4 WOMEN IN JAZZ (Cont'd)

College. A graduate of Juilliard and Columbia, he was a staff trumpeter at CBS Radio/TV, performing for the Carol Burnett, Ed Sullivan, and Arthur Godfrey Shows. He played with many leading bands including Benny Goodman and Pink Floyd.

Coordinator: Arzi McKeown

Photo of Bessie Smith

BONUS COURSES



Bonus Course 1 MORNING T'AI CHI

Wed. Sept. 18, 25; Oct. 2, 9, 16, 23;
8:15 am – 9:00 am

Class Limit: 15

As it is practiced in the west today, t'ai chi can perhaps best be thought of as a form of martial arts with slow movements that develop balance, strength, and power.

Research emphasizes the great health benefits of t'ai chi in the areas of improving balance, preventing falls, strengthening the immune system, increasing energy, and promoting relaxation.

Each class will begin with a warm-up followed by instruction on one or two movements. After that the form will be done. Wear comfortable flat shoes and loose clothing. Classes will be held outside when possible.

Presenter: *Robert Fox taught exercise classes at the Marin Jewish Community Center and the YMCA in Marin County, California, before moving to Belize and building and operating a guesthouse. He was a board member of the Arthritis Foundation when he discovered t'ai chi and found it a beneficial method of dealing with his own arthritis. He has studied the t'ai chi 108 Movement Form since 1992 and practices on a daily basis.*

COURSES



Bonus Course 2 FILM COURSE: SECRETS
3 Tuesdays: Sept. 24, Oct. 1, Oct. 8;
9:30 am – 12:30 pm
THIS COURSE WILL BE HELD IN THE
SAUGERTIES LIBRARY.

Everyone keeps secrets and their reasons are as varied as the secrets themselves. Some secrets are kept out of guilt or shame or fear. Sometimes keeping a secret means protecting someone, a reputation, or an identity. Unfortunately, keeping a dark or painful secret can hold a consuming power that can only be undone by releasing the secret itself.

In this film series we will attempt to understand how secrets hinder the ability to be truly intimate and present in relationships.

In the first part of each session of the film course, we share the experience of watching a film, and together witness the adventure, the emotions, and the outcomes. The second part of the session, the discussion, makes the experience richer and deeper.

Facilitator: Arzi McKeown is a psychotherapist and dance therapist. She has worked in hospitals, out-patient mental health clinics, and in private practice utilizing experiential and creative arts therapies for healing and growth.

NO REGISTRATION REQUIRED. THERE WILL BE A CALL FOR RESERVATIONS AT THE TIME OF EACH FILM.



TEAMWORK

AudioVisual Team



Bob Saturn, Irwin Rosenthal, Fran Jacobson (Coordinator), Robert Fox, Rich Davis (Not shown – Joan Reynolds)

Member Services Team



Teri Reynolds, Connie Catalinotto, Meyer Rothberg



Connie Catalinotto, Marjory Greenberg-Vaughn (Coordinator), Colleen Greco (Not shown - Joyce Barnes, Rich Phillips)



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

FALL 2013 COURSE SCHEDULE

COURSE NO.	WEDNESDAYS – FIRST PERIOD – 9:30 am – 10:45 am
A-1	THE ART OF MEMOIR: TELL YOUR STORY
A-2	EVERYTHING YOU REALLY NEED TO KNOW ABOUT INVESTING
A-3	WHY VIETNAM? - Part 2
A-4	AMERICAN PAINTING FROM THE BEGINNINGS TO THE CIVIL WAR
WEDNESDAYS – SECOND PERIOD – 11:00 am – 12:15 pm	
B-1	WOMEN AT HISTORY'S TURNING POINTS: THEIR LIVES, ACTIONS AND SONGS
B-2	CONTEMPORARY AMERICAN SHORT STORIES
B-3	THE HISTORIC ARCHITECTURE OF ULSTER COUNTY
WEDNESDAYS – THIRD PERIOD – 1:15 pm – 2:30 pm	
C-1	ALAN'S ITALY: MY PERSONAL JOURNEY, PART 2 COURSE CANCELLED
C-2	PURSUIING MOBY DICK FOR PLEASURE
C-3	IMPROVING MEMORY AND CONCENTRATION
C-4	WOMEN IN JAZZ
EARLY WEDNESDAY MORNINGS – BEFORE CLASSES – 8:15 am – 9:00 am	
BONUS 1	MORNING T'AI CHI
OTHER DAYS -TUESDAYS	
BONUS 2	FILM COURSE: SECRETS (TUESDAYS Sept. 24, Oct. 1, Oct. 8; 9:30 am - 12:30 pm; Saugerties Public Library)

BOARD OF DIRECTORS

Fall 2013-Spring 2014

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<i>Member-at-Large</i>	Doug Blair
<i>Hospitality Coordinator</i>	Marjory Greenberg- Vaughn
<i>Saugerties Town Liaison</i>	Leeanne Thornton

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 Mary Felton – Peggy Ploss
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Susan Davis	Susan Greenstein
Roberta Gavner	Irene Rivera Hurst
Susan Kahl	Sandy Ostoyich
Matt Ostoyich	Susan Poretz
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Arzi McKeown

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Peggy Ploss
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Susan Davis
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Lee Gable
 Karen Abramson

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

-Alvin Toffler



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

AN IMPORTANT NOTE ABOUT EMAIL

Lifespring now has a large membership and we are still growing. Throughout the year we communicate with our members many times about special events, films, winter presentations, reminders about reservations, the annual meeting, and many other items we feel members need to have and want to know. We also announce when the new catalog is online.

Most of our members receive this information via email, but a small number of people do not provide us with an email address and have received these many mailings through the postal service.

Because of the increase in membership and classes and the tasks that come with a larger membership, we need to streamline volunteer responsibilities. In order to enable and enhance timely and important communication with all of our members, provide the most current announcements, reminders and updates, and maximize the efforts of our volunteers, the Lifespring Board has agreed that:

Beginning August 1, we will be using only email for all our communications, with the exception of the registration confirmation packet that will be mailed out through the postal service.

If you do not have an email address, you may want to use one of the suggestions below to obtain an email address or "buddy's" email address and provide it on your registration form. Without this email address, you will miss out on our communications.

1. You can obtain an email address free of charge from many email providers including yahoo, hotmail, gmail and others. You can visit the public library and use their computers as often as you like and read your email there.
2. No computer? You can still obtain an email address and give it to a friend or relative with a computer who can read your emails and let you know what you've received from Lifespring (and they can print out what you might need).
3. Find someone within Lifespring who has email and "buddy" up with them. Ask them to share with you all emails that they receive from Lifespring. If you are new to Lifespring and don't know anyone, let us know and we will help find a buddy for you.

Thank you for your cooperation. We are certain that this new policy will promote better, more timely communication, be environmentally friendly and, will eliminate duplication of effort.

FALL 2013**Course Registration/Membership**

LIFESPRING
SAUGERTIES ADULT LEARNING COMMUNITY

The membership fee for Fall 2013-Spring 2014 is \$60. Please make your check payable to **Lifespring: Saugerties**.

PLEASE **PRINT** YOUR INFORMATION **CLEARLY**.

Name	
Address	
City	State Zip
Phone	Email

Annual Membership is \$60 per person. The membership year runs from August through July.

Please check below:

___ I am a new member.

___ \$60 is enclosed for ANNUAL membership.

Membership fees are not refundable.

Mail to:
Lifespring: Saugerties
Town Hall
4 High Street
Saugerties, NY 12477

Check if there is a change in your contact information _____

Registration will close on AUGUST 1, 2013. We cannot honor any mail registrations that are postmarked after August 1, 2013. **Additional registration will be accepted, space permitting, on the first day of classes only.**

For Fall 2013, members may choose 3 courses, 2 in the morning and 1 in the afternoon. (Plus Bonus Courses) **PLEASE MARK FIRST AND SECOND CHOICES WITH 1 AND 2 FOR EACH TIME SLOT.** You will be placed in either your first or second choice. If you do not put down a second choice, you may not have a course for that timeslot.

Wednesday Morning 9:30-10:45	A-1	A-2	A-3	A-4
Mark your choices 1 and 2 on this line				

Wednesday Morning 11:00-12:15	B-1	B-2	B-3	
Mark your choices 1 and 2 on this line				

Wednesday Afternoon 1:15-2:30	C-1	C-2	C-3	C-4
Mark your choices 1 and 2 on this line	Cancelled			

BONUS COURSE 1 – MORNING T’AI CHI (8:15) Check if you want to take this course _____

BONUS COURSE 2 – FILM COURSE: SECRETS (Tuesdays Sept. 24, Oct. 1, Oct. 8; 9:30 am - 12:30 pm; Saugerties Public Library) There will be a call to sign up for each film.



LIFESPRING
SAUGERTIES ADULT LEARNING COMMUNITY

FALL2013 CourseCatalog

Classes are held at the Woodstock Jewish Congregation
(Unless otherwise noted)

LIFESPRING
TOWN HALL
4 HIGH STREET
SAUGERTIES, NY 12477