



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An  
Adult  
Learning  
Community

FALL2012  
COURSES

LIFESPRING  
Town Hall  
4 High Street  
Saugerties, NY 12477

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[www.lifespringsaugerties.com](http://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 2012 – July 2013. There will be 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 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](mailto:lifespring.saug@gmail.com) or call us at **845 246 2800 ext. 452**.

# FALL2012

## Registration Information

Dear Members,

The fall semester begins on October 3, 2012 and ends on November 7. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description. **Registration closes on August 1, 2012.**

**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. There are several things that you will need to understand about 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. There is 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 ALAN'S ITALY

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 9:30 am – 10:45 am

“Andiamo in Italia” (Let's go to Italy!) Join presenter Alan Greenhalgh as he takes you on a visual tour of cities and regions of Italy providing commentary on his travels and showing the beautiful photographs taken by his wife. This course will cover a different city or region in each of the six weeks. Places to be featured include: Rome, Tuscany, Florence, Venice, Lake Como and possibly the Dolomites. Sit back and enjoy the warmth and beauty of the Italian countryside and the history and architecture of the cities. You will meet Alan's friends along the way and learn specific information as well as a broader overview of each area.

**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 A-2 A WAY WITH WORDS: SPOTLIGHT ON LOCAL AUTHORS

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 9:30 am – 10:45 am

Celebrating the written word in its many forms, we've invited six authors from a variety of literary genres to join us. Each week a different local author will read from his or her work and discuss the experience of visualizing, creating, refining, and producing the words that make us think, laugh, cry, and hunger for more.

### Course A-2 A WAY WITH WORDS: SPOTLIGHT ON LOCAL AUTHORS (Cont'd)

The creative work that the authors present may include poetry, short stories, bits from plays, or written conversation. Although their work will be available for purchase, there will be no obligation to obtain any of the authors' material except the novel we will discuss at the last class session. Please read *Mother, Murder and Me*, by Sandy Gardner. The book may be purchased at the Inquiring Mind Bookstore at a 15% discount or online or borrowed from the library.

**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. Irene holds bachelor's and EdD degrees from Hofstra University and a master's from SUNY Stony Brook. She also has a life-long love for the written and spoken word as it enriches our lives.*

### Course A-3 WHAT'S LOVE GOT TO DO WITH IT? FOR WOMEN ONLY

Wednesdays: Oct. 3, 10, 17, 24; 9:30 am – 10:45 am

There are many myths and attitudes about sex and aging; however, the understanding of sexual needs and practices of those over 60 that emerges from recent research contradicts earlier assumptions and stereotypes. Filled with information about the role of human sexuality on the continuum of healthy physical and emotional aging, this course will help to demystify the topic in a supportive and non-judgmental atmosphere.

**Presenter:** *Dr. Linda Joseph, Professor Emerita, Health Education and Emergency Medicine at CUNY, Queensborough Community College, has developed and taught college courses for 43 years and holds a doctorate in Human Sexuality. She is a retired psychotherapist as well.*

Coordinator: Susan Puret

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

## COURSES

### Course A-4 SPORTS: UP CLOSE AND PERSONAL

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 9:30 am – 10:45 am

From schoolyard recess periods to Super Bowl championships, sporting competition finds its way into nearly all cultures worldwide. Competing to win relies on cooperation, concentration, coordination, and creativity.

As a culture, we participate and observe. Why do we care who wins? What drives us to go for the goal? What leads to great performance on the playing field, on the track or in the stream? Gain a new perspective from professionals as they share their experiences and observations about their sports passions.

#### October 3: The Thinking Person's Guide to Sport(s)

We start off with an overview of sports and their important role in our culture.

**Presenter: Joe Owens**, Professor Emeritus, College at New Paltz is a teacher and published author who has been a coach in football, baseball, wrestling, basketball and cross country.

#### October 10: Baseball: From First Pitch to Twenty-First Century

Using his book *Baseball Miscellany* as a guide, the presenter will cover a running history of the sport-- everything from baseball's elusive origins to the modern game and its grip on society.

**Presenter: Matthew Silverman** has written *Baseball Miscellany* and the forthcoming *Say Goodbye to America*. He wrote numerous books focusing on individual teams, such as *Best Mets* and *Mets Essentials*, and co-wrote *Shea Goodbye* with Keith Hernandez. Serving as principal editor for *Baseball: The Biographical Encyclopedia*, and managing editor for *Total Baseball*, Silverman was associate editor for five editions of *The ESPN Baseball Encyclopedia*.

#### October 17: The Equine Industry: Passion and Business

The love of horses – whether you ride, breed, train, or admire from afar – is an emotion that, for many, goes beyond just loving animals: It can be an all-consuming passion. To be able to take one's love of horses from hobby to business provides tremendous fulfillment at both a psychological and professional level.

### Course A-4 SPORTS: UP CLOSE AND PERSONAL (Cont'd.)

**Presenters: Tom Struzzi** has 32 years as a professional in the equine industry, and **Kristen Vale** has spent 18 years in this same profession. Both come from a background of riding and training horses, and giving riding instruction. They have competed at horse shows across the country and at every major national championship. Currently, their expertise is in the coordination of national level equestrian competitions across the United States.

#### October 24: Beyond Basketball

This presentation will use a multitude of anecdotes to suggest that basketball is more than just a game. From the speaker's point of view, basketball is clearly a sport that demands unselfishness, discipline, awareness, cooperation, compassion, and good will.

**Presenter: Charley Rosen** played varsity basketball at Hunter College in NYC, setting various records in scoring and rebounding. He was assistant to Phil Jackson for three years with the Albany Patroons of the Continental Basketball Association, then was a head coach in Savannah, Rockford, Oklahoma City, and Albany. He has published 16 books on "hoops." An NBA writer for [Foxsports.com](http://foxsports.com) for six years, he is currently doing the same for [NBA.com](http://NBA.com).

#### October 31: Behind the Running Scene

The running lowdown: from training (techniques, overtraining, undertraining, injuries) to competition (5Ks to marathons).

**Presenter: Geri Owens** has been a fitness consultant, instructor and trainer for 36 years. Her studies were through Empire State College. Since 1976 she has been on the fitness staff at Lake Mohonk, in New Paltz, NY. She currently teaches strength training, back care, core classes, and water aerobics, and acts as a personal trainer. She has been ranked nationally in track and road races and has completed four marathons, including those in New York City and Boston.

#### November 7: Fishing: A Sport for All Ages

Fishing can be as simple as sitting alone on a bank with rod in hand or a family oriented outing that can be enjoyed by young and old. We will also have a brief discussion on



## COURSES

### Course A-4 SPORTS: UP CLOSE AND PERSONAL (Cont'd.)

tournament fishing and will look at a day in the life of a tournament angler.

**Presenter:** *Clifford Tienken has been a fisherman all his life and a tournament fisherman for the past 30 years. He has fished in local, state and national events throughout the eastern United States. On the pro staff of several major fishing companies, he gives fishing seminars on bass and striped bass, teaching about equipment and fishing techniques.*

Coordinator: Susan Poretz



### Course A-5 YANG STYLE TAI CHI

**Wednesdays: Oct. 3, 10, 17, 24, 31,  
Nov. 7; 9:30 am – 10:45 am**

**Class Limit: 8**

If you've seen people doing tai chi in your local park or recreation center, they likely were doing Yang Style Tai Chi. As it is practiced in the west today, tai 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 tai chi in the areas of improving balance, preventing falls, strengthening the immune system, increasing energy and promoting relaxation. Previous experience is not required. Wear loose, comfortable clothes and flat shoes.

**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 tai chi and found it a beneficial method of dealing with his arthritis. He has studied the Tai Chi 108 Movement Form since 1992 and practices on a daily basis.*

Coordinator: Arzi McKeown

### Course B-1 DREAMS AS YOUR PERSONAL ADVISOR

**Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 11:00 am – 12:15 pm**

Dreams regularly deliver surprising perspectives and out-of-the-box solutions to you IF you can remember them and learn how to translate your own dream language. Each night this wise advisor speaks, and what is experienced merits your full attention, even "nightmares." In this experiential course, learn dream recall, and some basic methods of approaching your own dreams, and yes, please, bring your dreams to class!

**Presenter:** *Professor Judith Schafman, PhD offers "Soul Work," medicines for the heart and soul including dream work, imaginative self-expression and exploring spiritual life. She is the founder of The Four Seasons Workshops, which focus upon dreams, healing, creativity and art, and the life of spirit, offered by professional women in the Kingston, New Paltz, Accord, and Woodstock areas. For more information: [www.judithschafman.com](http://www.judithschafman.com)*

Coordinator: Arzi McKeown

### Course B-2 THE BIG BANDS

**Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 11:00 am – 12:15 pm**

Our goal in this course is to promote a deeper appreciation of the big band music which peaked in the war years of the 1940s, and its legendary leaders, like Glenn Miller, Tommy Dorsey, Harry James, and Artie Shaw. There will be a brief overview of the elements of music, music notation, and band instruments, plus explanations of song forms and the importance of musical arrangements and the structure of instrumental personnel within the band. CDs and DVDs will be used to illustrate these concepts in action.

**Presenter:** *Tony Trotta is a retired music teacher who worked in Yonkers, NY. In addition, he was a freelance professional musician, performing with big bands, as well as jazz combos, Dixieland bands, Latin bands, and ethnic musical groups. He even led his own big band, taking a turn at writing and arranging the music for it. Throughout his career, he also taught music privately.*

Coordinator: Arzi McKeown

## COURSES



**Course B-3 KEEPERS OF THE LIGHT, GUARDIANS OF THE RIVER: LOCAL INDUSTRIES AND AREA LIGHTHOUSES AS THEY EXISTED DURING THE 19<sup>TH</sup> AND 20<sup>TH</sup> CENTURIES**

**Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 11:00 am – 12:15 pm**

Anchored for the first three sessions by Allynne Lange, Curator of the Hudson River Maritime Museum, the course will cover the fascinating history of the steamboats on the Hudson, the industries that grew up along the River—brick making, ice harvesting, cement manufacturing, boat-building, etc., and culminate with a presentation on the historic Rondout area including the Kingston Lighthouse. The final three sessions will be led by representatives from the Hudson-Athens, Esopus Meadows and Saugerties Lighthouse Associations. Enjoy images and stories that bring to life the incredible history of our river.

**October 3, 10, 17:** *Allynne Lange has worked at the Hudson River Maritime Museum for many years and has been curator since 1996. She has curated over twenty exhibits and is in charge of the HRMM maritime and industrial artifacts and art collection as well as a large archive of documents and photographs. Allynne has also been involved with the Historical Society of Newburgh and its headquarters, the David Crawford house, for twenty years.*

**October 24:** *Edward V. Weber is retired from IBM. Since 1995 he has been active in the restoration of Esopus Meadows Lighthouse, south of Kingston. His presentation will include a history of the lighthouse and will focus on the major restoration requirements in which he has been instrumental. Before and after photos will illuminate the talk.*

**October 31:** *Bob Taylor was a mathematics and computer science teacher at Pittsfield High School and Berkshire Community College. For the past twenty years, he has been visiting lighthouses from California to Alaska, North Carolina to Prince Edward Island, between Florida and Texas plus "lights" on the Great Lakes and Lake Champlain. He has been a volunteer at the Hudson-Athens Lighthouse for several years. He will use over one hundred slides to illustrate his talk on this lighthouse's history and "how things work."*

**Course B-3 KEEPERS OF THE LIGHT, GUARDIANS OF THE RIVER (Cont'd)**

**November 7:** *Dick Duncan, a retired psychologist, became the Saugerties lighthouse keeper in 1998 and stayed until 2000. He remained involved with the lighthouse as a board member and liaison to the current keeper. Among his other interests he is a sailor who enjoys local maritime history. He will talk about the origins of the lighthouses at Saugerties, their construction, function, restoration of the current lighthouse, and its present use. He is joined by the current lighthouse keeper, **Anna Berkheiser**.*

Coordinators: Susan Davis and Sandy Ostoyich  
Artwork: Saugerties Lighthouse, Nancy Campbell

**Course B-4 QUESTIONING THE ARTS**

**Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 11:00 am – 12:15 pm**

**Class Limit: 20**

This course will engage participants in exploring multiple genres of the arts, including painting, sculpture, dance, poetry, music, and more. Together the class will investigate ways to look into and talk about the day's subject (e.g., music), and will sometimes work at creating samples of the art they are considering. Segments of a booklet developed by the presenter called "Questioning the Arts" will be used as a jumping-off point for discussion.

**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 Poretz

**Why should society feel responsible only for the education of children, and not for the education of all adults of every age?**

- Erich Fromm

## COURSES

### Course C-1 APPLYING PSYCHOANALYTIC THEORIES TO EVERYDAY LIFE

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 1:15 pm – 2:30 pm

**Class Limit: 18**

This course will provide a fun introduction to various key concepts within clinical theory and practice. Group discussions will center strongly on how we can apply these concepts to real-life experience: e.g., how the material has relevance for relationships with friends, children, other family members, and ourselves. Depending on individuals' interests, more or less time will be centered on particular theorists, such as Freud, Jung, Winnicott, Klein, Kohut, and Horney.

Readings, kept to a minimum, will include a few articles or chapters written by these influential psychologists, whose impact on the field still prevails. Other books and materials will be suggested for further study.

**Presenter: Helen Newman, PhD**, has been a professor of psychology and a psychotherapist for over 30 years. She is interested in ways people can apply psychoanalytic concepts to deepen their relationships with self and others. Her interest and work in both spiritual and mind/body approaches to psychotherapy has broadened her clinical understandings, as well as her personal inner journey.

Coordinator: Susan Poretz



### Course C-2 EXERCISING WITH SMARTBELLS® LIGHT WEIGHTS

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 1:30 pm – 2:30 pm

\*\*\*\*\**(note this class starts at 1:30 instead of 1:15)*

**Class Limit: 12**

SmartBells® are relatively light in weight: ideal for everyone, regardless of age, size or fitness levels. The core routine's fluid movements work every major body part, promoting muscular endurance, flexibility, strength, vitality and a healthy approach to fitness.

### Course C-2 EXERCISING WITH SMARTBELLS® LIGHT WEIGHTS (Cont'd)

SmartBells® exercise integrates stretching, aerobics, group and pair workouts into one short time frame, with the goal of building the mind/body connection. Move the body to music that will make you want to dance, and have fun while working out!!

***This exercise program has been developed to also be used with chairs, for those who are unable to stand because of balance problems or injuries.***

Please wear comfortable workout clothes and shoes and bring a yoga mat.

**Presenter: Ujjala Schwartz** is a health educator and a certified SmartBells® Master Instructor who has taught at every East Coast SmartBells® Instructor Training Program. She has devoted herself to the integrative approach to fitness and health over the last forty years, teaching, lecturing and facilitating groups and individuals through the process of connecting one's awareness to the body, mind and emotions.

Coordinator: Arzi McKeown

### Course C-3 YIDDISH VINKL

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 1:15 pm – 2:30 pm

If you are interested in spending time enjoying the sounds of Yiddish while learning something about the culture it came from, come join us at the Yiddish *Vinkl* or "corner." Whatever your background, secular or religious, beginner or experienced, come! The variety is what makes this Yiddish table so rich. Bring a pencil and notebook to class and, if you have one, a Yiddish-English dictionary.

**Presenter: Chane Yachness** was raised in a secular Yiddish-speaking environment. As an audiologist she taught at the NYC School for Language and Hearing Impaired.

Coordinator: Susan Poretz



## COURSES

### Course C-4 ISRAEL AND THE ARABS: Revisited

Wednesdays: Oct. 3, 10, 17, 24; 1:15 pm – 2:30 pm

\*\*\*\*\***(Note: this course runs for 4 weeks).**

In 2011, Dr. Brownstein traced the course of the Zionist experience from the time of the First Aliyah (wave of migration) to the present, with particular reference to the ongoing conflict with the Arab states, terrorist organizations (such as Hezbollah), Iran and the Palestinians. This year's course will look at Israel's strategic challenges in a changing Middle East.

**Presenter: Lewis Brownstein** has been Professor of International Relations at SUNY New Paltz since 1968, after completing his doctorate at the School of Advanced International Studies, Johns Hopkins University. In 1974-75 he taught at the Hebrew University in Jerusalem as a Visiting Professor of International Relations, returning to Israel numerous times thereafter on research trips and study missions. He teaches courses on terrorism, defense issues, the international relations of the Middle East, and American foreign policy. He served for twelve years as department chair and often lectures on his areas of expertise throughout the Mid-Hudson region.

Coordinator: Susan Puretz



### Bonus Course 1 GET A MOVE ON (A "BE ACTIVE" CHALLENGE)

Wednesdays: Oct. 3, 10, 17, 24, 31, Nov. 7; 8:30 am – 9:15 am

Were you active today? Did you take a simple walk, do yoga or tai chi, garden, play golf, or clean the house? – so easy, but so few of us do these things regularly. Yet we all know that activity (even as basic as walking) can ease you into a higher level of fitness and health.

### Bonus Course 1 GET A MOVE ON (A "BE ACTIVE" CHALLENGE) (Cont'd)

Join us this semester for a structured walking/activity program that aims to get movement incorporated into your life. On the first day you will learn the details and become part of an "activity/walking challenge" that will start you moving for the next six weeks.

We will meet for a structured walking program for six weeks on Wednesdays, coming together at 8:30 am before Lifespring classes begin. We will walk on the grounds of the WJC. On other days, you will continue the activity/walking challenge in areas of your choosing, either individually or in groups. Each "mover" will accumulate points over the six weeks. Keeping your own scores for motivation, you might also team up with others for encouragement and support. The person with the highest amount of points at the end of the challenge wins!

At the end of the semester, we will celebrate "graduation" with a group walk in a special location that matches your accomplishment!

**Presenter: Dr. Susan Puretz** is a retired Professor of Health Education and Dance at SUNY New Paltz (where she was the former Chairperson of the Department of Health, Physical Education, Dance, and Athletics). She is the co-author of: **The Woman's Guide to Peak Performance: The Ultimate Reference for all Levels of Fitness.**

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

Woodstock Jewish Congregation  
1682 Glasco Turnpike  
Saugerties, NY 12477

## COURSES

### **Bonus Course 2 ARTS IN ACTION**

Thursdays: Oct. 4, 11, 18, 25; 10:30 am

**Class Limit: 12**

Join us on four consecutive Thursdays as we get a close up view of local Saugerties artists in their studios and explore the processes that each uses to create his art. The final session is a private tour of the mammoth Polix Tallich Foundry in Newburgh. Participants will be responsible for getting to each location on their own. Feel free to arrange car pools for the foundry visit to Newburgh.

#### **October 4, 10:30 am The Studio, Home, and Gardens of Tom Gottsleben**

Tom Gottsleben, sculptor, painter, and photographer, will welcome us on a tour of his studio, as well as his garden and unique home, the *Spiral House*, a 5-story spiral structure hand-built by Tom and his wife, Patty Livingston, and completed in 2001. Tom's work has been shown locally and at the Neuberger Museum and he is represented by the Elena Zang Gallery in Shady. Learn more about Tom's work at [www.tomgottsleben.com](http://www.tomgottsleben.com)

#### **October 11, 10:30 am The Studio of Ze'ev Willy Neumann**

Ze'ev Willy Neumann was born in Belgium, on the way to Palestine, to parents from labor camps, and he continues to say, "My art is my history." Apprenticing at age fourteen in Tel Aviv, he began his life of art discussion, art making, and art study. Ze'ev Willy will guide us through the creative process of each venue of his work and explore how he determines each of his art topics. Learn more about Ze'ev Willy's work at [www.zwneumann.com](http://www.zwneumann.com)

#### **October 18, 10:30 am The Studio and Gallery of Alex Kveton**

Alex Kveton will share the step-by-step process he uses for creating sculpture from sheet metal, from inspiration through design, 3D studies, cardboard models and templates, to fabricating technique and finishing. Alex's work has been widely exhibited, and his sculptures are in the permanent collections of the National Gallery in Prague, MoMA in NYC, and at the Jimmy Carter Presidential Library and Museum in Atlanta, Georgia. Learn more about Alex's work at [www.alexkveton.com](http://www.alexkveton.com)

#### **October 25, 10:30 am Polix Tallich Art Foundry, Newburgh (Rock Tavern, NY)**

Located in Newburgh, Polix Tallich is arguably the world's leading full service fine arts foundry. Encompassing 5 acres

### **Bonus Course 2 ARTS IN ACTION (Cont'd)**

of land and inhabiting an 85,000 square foot building, the foundry is committed to the highest levels of craftsmanship and a quest for technical excellence. The foundry provides clients with engineering support, architectural services, mold making, sand and lost wax casting, finishing, patination and coating, as well as a full range of conservation and restoration services. We'll see many of these processes in action on our guided tour. Learn more about Polix Tallich at [www.polixtallich.com](http://www.polixtallich.com)

*Please wear comfortable, flat shoes for the foundry visit. There will be stairs and some uneven footing in the course of the tour.*

Coordinators: Rich Phillips, Susan Poretz, Susan Kahl, Susan Greenstein

### **Bonus Course 3 BETWEEN A ROCK AND A HARD PLACE: FILMS ABOUT DILEMMAS**

Tuesdays: Oct. 16, 23, 30; 9:30 am – 12:30 pm

#### **THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY.**

Dilemmas are usually about complex situations that require a choice between options that are or seem equally unfavorable, or that defy a satisfactory solution. We will watch and discuss three films in which the characters face conflicts and decisions that could change their lives in seconds.

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, outpatient 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 THE FILM.**



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

## FALL 2012 COURSE SCHEDULE

COURSE NO.	WEDNESDAYS – FIRST PERIOD – 9:30 am – 10:45 am
A-1	ALAN'S ITALY
A-2	A WAY WITH WORDS: SPOTLIGHT ON LOCAL AUTHORS
A-3	WHAT'S LOVE GOT TO DO WITH IT? (FOR WOMEN ONLY)
A-4	SPORTS: UP CLOSE AND PERSONAL
A-5	YANG STYLE TAI CHI
WEDNESDAYS – SECOND PERIOD – 11:00 am – 12:15 pm	
B-1	DREAMS AS YOUR PERSONAL ADVISOR
B-2	THE BIG BANDS
B-3	KEEPERS OF THE LIGHT, GUARDIANS OF THE RIVER
B-4	QUESTIONING THE ARTS
WEDNESDAYS – THIRD PERIOD – 1:15 pm – 2:30 pm	
C-1	APPLYING PSYCHOANALYTIC THEORIES TO EVERYDAY LIFE
C-2	EXERCISING WITH SMARTBELLS® LIGHT WEIGHTS (Note: Class begins at 1:30 pm)
C-3	YIDDISH VINKL
C-4	ISRAEL AND THE ARABS: Revisited
EARLY WEDNESDAY MORNINGS – BEFORE CLASSES – 8:30 – 9:15 am	
BONUS 1	GET A MOVE ON (A "BE ACTIVE" CHALLENGE)
OTHER DAYS	
BONUS 2	ARTS IN ACTION (THURSDAYS OCT. 4, 11, 18, 25; 10:30 am; Different Locations)
BONUS 3	BETWEEN A ROCK AND A HARD PLACE: FILMS ABOUT DILEMMAS (TUESDAYS Oct. 16, 23, 30; 9:30 am - 12:30 pm; Saugerties Public Library)

## BOARD OF DIRECTORS

<i>President</i>	Susan Puretz
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<i>Secretary</i>	Barbara Kaisik
<i>Treasurer</i>	Richard Phillips
<i>Registrar</i>	Bob Saturn
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<i>Public Relations Coordinator</i>	Marvelene Beach
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<i>Member-at-Large</i>	Matt Ostoyich
<i>Member-at-Large</i>	Roberta Gavner
<i>Hospitality Coordinator</i>	Marjory Greenberg-Vaughn
<i>Saugerties Town Liaison</i>	Leeanne Thornton

## Active Volunteers

### CURRICULUM COMMITTEE

Arzi McKeown – Coordinator  
Mary Felton – Peggy Ploss  
Administrative Assistants

Valerie DaSilva	Robert Fox
Susan Davis	Susan Greenstein
Roberta Gavner	Irene Rivera Hurst
Susan Kahl	Sandy Ostoyich
Matt Ostoyich	Susan Puretz
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Bob Saturn                      Ed Sager  
Warren Boroson              Greta Hutton  
Joan Robinson                Karren Trent  
Sally Colclough

### HOSPITALITY COMMITTEE

Marjory Greenberg-Vaughn – Coordinator  
Maria Coppolino              Stacey Siegel  
Joyce Barnes                  Colleen Greco  
Mary Jo Brightly

### REGISTRATION COMMITTEE

Bob Saturn                      Susan Kahl  
Arzi McKeown

### AD HOC ANNUAL MEETING COMMITTEE

Mary Felton                    Roberta Gavner  
Peggy Ploss                    Karren Trent  
Marilyn Wakefield

### CATALOGUE COMMITTEE

Arzi McKeown – Designer  
Sandy Ostoyich,              Susan Davis  
Susan Greenstein              Marvelene Beach  
Fran Jacobson

**Telephone Coordinator:** Lee Gable  
**Sergeant-at-Arms:** Joseph Churnetski

**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**

**FALL2012****Course Registration/Membership**

**LIFESPRING**  
SAUGERTIES ADULT LEARNING COMMUNITY

The membership fee for Fall 2012-Spring 2013 is \$60. Please make **ALL** checks payable to **Lifespring: Saugerties**.

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

Name	
Address	
City	State Zip
Phone	Email

Check if you are a new member \_\_\_\_\_

Check if there is a change in your contact information \_\_\_\_\_

**Registration will close on AUGUST 1, 2012.** We cannot honor any mail registrations that are postmarked after AUGUST 1, 2012. **Additional registration will be accepted, space permitting, on the first day of classes only.**

Members may take 3 courses, 2 in the morning and 1 in the afternoon. **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 time slot.

<b>Wednesday Morning 9:30-10:45</b>	<b>A-1</b>	<b>A-2</b>	<b>A-3</b>	<b>A-4</b>	<b>A-5</b>
Mark your choices 1 and 2 on this line					

<b>Wednesday Morning 11:00-12:15</b>	<b>B-1</b>	<b>B-2</b>	<b>B-3</b>	<b>B-4</b>
Mark your choices 1 and 2 on this line				

<b>Wednesday Afternoon 1:15-2:30</b>	<b>C-1</b>	<b>C-2</b>	<b>C-3</b>	<b>C-4</b>
Mark your choices 1 and 2 on this line				

**BONUS COURSE 1 - WALKING COURSE** Check if you want to take this course \_\_\_\_\_

**BONUS COURSE 2 - ARTS IN ACTION** (THURSDAYS OCT. 4, 11, 18, 25; DIFFERENT LOCATIONS)  
Check if you want to take this course \_\_\_\_\_

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

**Please check below:**

\_\_\_\_ \$60 is enclosed for  
**ANNUAL membership.**

**Membership fees are not refundable**

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





**LIFESPRING**  
SAUGERTIES ADULT LEARNING COMMUNITY

# FALL 2012 Course Catalogue

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

LIFESPRING  
TOWN HALL  
4 HIGH STREET  
SAUGERTIES, NY 12477