

LLI MATTERS

LLI: LEARNING FOR THE LOVE OF IT

Lifetime Learning Institute at SUNY New Paltz Volume 8 Number 1 January 2016

President's Letter

Dear LLI Members,

Welcome to 2016, a time to look back at the old year and forward to the new one.

I believe the largest challenge that we face as an organization is to continue meeting LLI's mission statement: to promote diverse and enriching learning experiences, to provide opportunities for social interaction, and to encourage our members to use their knowledge and skills.

During 2015, the council worked actively to expand the horizons of our mission by moving beyond just offering classes. We planned to open doors to other activities that are in accord with our mission.

This past year, the Members-at-Large took on a new task, that of Game Masters. They hosted two Game Days at the Gardiner Library and plan a third in the coming year. All members and friends are invited to join them as they participate in various board games such as Uno, Mah Jongg, Apples to Apples, and even Jacks and Pick-Up Sticks. The afternoon will be filled with relaxation, enjoyment and refreshment, both physical and mental. If you haven't taken advantage of the previous Game Days, keep an eye out for the announcements of the next one.

Our Events Committee recently



Marilou Abramshe

sponsored the Holiday Brunch -- a new idea that was well attended. The event included a delicious brunch served by the Woodland Pond staff, an exchange of gifts, and the oratory skills of Roger Leonard who recited from memory his rendition of Charles Dickens' "A Christmas Carol." The Committee is hard at work not only planning a series of brunches this coming year, but also exploring some nearby attractions that we can visit as a group. Watch for further announcements.

Last summer we instituted a cooperative program with Phillies Bridge Farm in which they offered our members a discounted fee for classes at the farm. This continued through the fall. Phillies Bridge will be offering more classes during our Spring session. You do not have to be a member of Phillies Bridge to participate. Just let them know you

are an LLI member and they will discount your fee to \$10 for the class. We hope that more of our members will take advantage of these one-day classes out on the farm. The classes will be listed in our Spring catalog.

As a result of members of the Council meeting recently with Lisa Mitten, Campus Sustainability Coordinator at SUNY New Paltz, we plan to explore ways that we, as part of the College's Ongoing Adult Education, can offer more classes in sustainability and energy conservation. Hopefully this may involve some of the teaching staff of SUNY's science and environment departments.

To further broaden LLI's horizons, we have been talking to Unison to see how we and they can work together to offer learning opportunities to older adults. This is just another way we can meet some of the needs of our members.

You can see that we Council members are not looking back but are seeking new horizons. To paraphrase Captain Kirk of Star Trek, we are boldly going where LLI has not gone before."

We invite you to take advantage of all that LLI has to offer both educationally and socially.

Marilou Abramshe,

President 2015/2016
LLI at SUNY New Paltz

Editor's note: During the spring term of 2014, Paul Lurie taught an LLI Course entitled "A Cardiologist Explains Things." This teaching experience prompted him to write a book of the same title. In what follows he describes the origins of the book. – Ed Steele

I spent most of my medical career in the field of Pediatric Cardiology teaching, doing research, and caring for patients. When I moved to Woodland Pond about three years ago, I became acquainted with Lifetime Learning Institute when I took several courses, and served in one course as a Teacher's Assis-

triac cardiologist is to explain problems and solutions to anxious parents and young patients. And so I put together a course about the heart, its function, diseases, and treatments. Additionally, I thought I could add interest by including details of the development of modern techniques used in cardiology, as I had been there when most of them had become accepted, and had even made important contributions myself.

When the curriculum committee accepted my proposal, I carefully planned the course and got my daughter Andrea, a certified personal fitness trainer, to teach "Lifestyle Changes" during one of the eight classroom sessions, a subject she knows much better than I.

The course was a pleasure to teach. Being accustomed to hospital residents



sleeping through my offerings, I found an attentive bunch of seniors a pure delight.

The course was well received. Many people who had missed it asked me if I



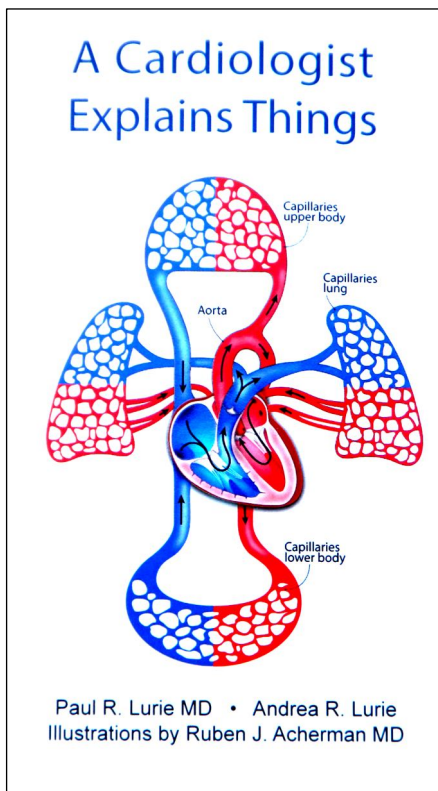
Dr. Paul Lurie

was going to repeat it. Though I had not thought about it earlier, their questions got me to thinking about making a book of the course's content. With Andrea's agreement to help, I started to write the book. A friend of mine, who is both a fellow pediatric cardiologist and a fine medical illustrator, created original artwork of superb quality.

Acknowledging my debt to LLI, I dedicated the book "To Lifetime Learning" and decided to donate to LLI of SUNY New Paltz whatever profits came from the book's sale. Because it is profusely illustrated in color, the book is a bit pricey at \$24.95. It is obtainable from Amazon, or, if you see me, I can sell you a copy.

* * * *

LLI New Paltz thanks Dr. Lurie for his generosity.



tant. Because the whole operation excited me, I decided to put together a course in my own area of expertise.

I was well equipped to give a course entitled "A Cardiologist Explains Things" because one of the main functions of a pedi-

Hudson Valley Mini Conference

On November 14, LLI hosted a Mini Conference for six Adult Learning Institutions located in the Hudson Valley region.

Representatives from Bard LLI, Marist CLS, Mount St. Mary CCES, SUNY Orange Encore, Lifespring at Saugerties and LLI at SUNY New Paltz met for the day to discuss the nature of their organizations, programs and practices and to share common problems, identify possible solutions, and find ways to support one another.

The conference was a way of offering the various Hudson Valley Lifetime Learning Institutes a chance to meet and mingle with their counterparts in the area in a relaxed and congenial atmosphere.

It was noted that although each organization has its own needs and method of organization they all had similar goals – to promote diverse and enriching learning experiences for older

adults, to provide opportunities for social interaction and to encourage individuals to use their knowledge and skills in creative ways.

The morning was spent discussing areas of concern and what each of the 19 participants hoped to get out of the meeting. After a box lunch, supplied through SUNY food services, representatives broke into interest groups to discuss the five major areas of concern: membership, volunteers, curriculum, relationship with sponsoring organizations and management. A final large group discussion resulted with reports from each interest group as to what had been discussed in their group.

Everyone who attended the conference felt that this was an event that was necessary and helpful to all involved and there are plans that this will become a recurring event among the



Marilou Abramshe

participating organizations.

Many thanks to Helise Winters, the Lifetime Learning Institute's liaison to SUNY New Paltz for her assistance in procuring a conference room to be used on the SUNY New Paltz campus and for her help in making arrangements for the box lunch supplied to the participants.

Presenter Paul Osgood

Paul Osgood grew up in Essex County, Massachusetts. Upon graduation from High School he joined the Air Force where he served four years as a radio operator at various locations

After two years of work for CBS in Chicago he returned to Massachusetts and was employed as an Air Traffic Controller at Boston and, subsequently at Nashua, New Hampshire.

During his 27 career as an air traffic controller he resided in southern New Hampshire, where he met his present wife, Mary Ann. They left New Hampshire after his retirement and moved to



Mary Ann's childhood home in Gardiner, where they have remained for the past 25 years. It was there, in Gardiner, that he developed his interest in birds.

He was present at the inaugural meeting which resulted in

the establishment of LLI and for the first five years, was responsible, along with David Jaman, in compiling and producing the LLI catalog of courses.

For the past four years he has led a spring class at LLI on birds and birding which consists mostly of field trips to local points. He has also served on the Gardiner Library Board, volunteered as an ambulance driver and, with Mary Ann, operated the Country Store Antique Center, a multi dealer antique store in Gardiner. He presently volunteers at the library and with the Ulster Co. Dept. for the Aging.

TITLES OF COURSES TO BE PRESENTED THIS Spring

CATALOGS TO BE SENT OUT IN February



Beading 101

Beading 102

The Fairy Tale Experience

Drawing Trees Made Easy



Drawing and Watercolor Techniques with YouTube

The Nature of Drawing

From a New Theory of Evolution -- a New Human Nature

What Makes *Hamlet* so Great?

Reading Women's Short Fiction

Explore Mystery Writing with Experienced Writers

Intermediate Memoir, Mining Memory

Theater and World History

Current Events Discussion

The Columbian Exchange

Airpower and the Cold War

Introduction to Bridge

Dream Theater

Chair Yoga

Exploring Better Communication

The Intersection of Therapy and Buddhist Meditation Practice

Intermediate Chess

For the Love of Gardening

Bookbinding

An Introduction to Linguistics

Hudson Valley Rambles

Tasting International Wines

You, the Empowered Patient

Short Fiction and Film on the Space Between Us

Birding for Lazy Birders

Literary Journalism

Toward Psycho-Spiritual Freedom

Taking Privacy Seriously

The Celestial Dance: A Beginners Look at Western Astrology



Happy Gamers at the Gardiner Library

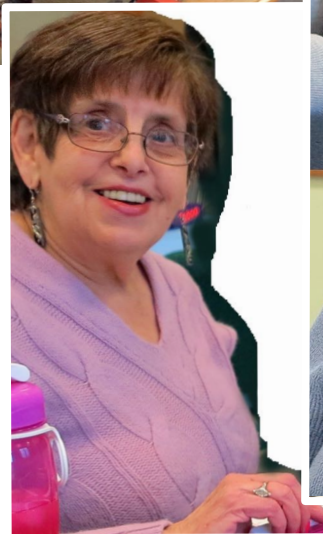
Phyllis Sturm



Stefi Morrison



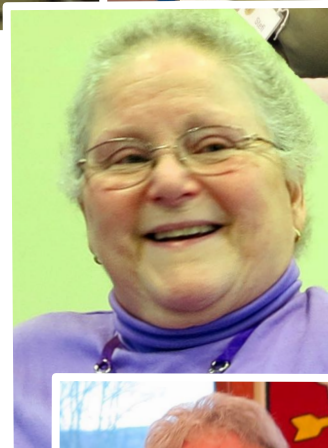
Faith Nichols



Alma Sloan



Judy Dambrowski



Doreen Perry



Jo Gangemi

LLI Game Day

Alice Barner

I took the photos above on November 18 at the Gardiner Library during our last Game Day. Now a fourth Game Day has been planned for Wednesday, March 2nd.

It's at the Gardiner Library again, 133 Farmer's Turnpike, Gardiner, from 1 to 3 p.m. This and the other afternoons were loads of fun, and we plan to make it a regular event. Word has gotten around because LLI, the New Paltz Times, posters, and the library community outreach are giving it greater visibility. Come join us and bring your friends. All are welcome. It's free (with seniors in mind), and light refreshments are provided. All sorts of

games are on hand – word games, mind games, old time games – or you can bring your favorite with you.

There's plenty of parking, but carpooling is advised. For additional information or directions, email Alma Sloan at the following: roundheels4@gmail.com

Presenter Dr. Thomas Mounkhal

Tom taught world history for thirty three years at Spring Valley High School in Rockland County, New York, until his retirement in 1999.

Since retiring, Tom has taught world history at the undergraduate and graduate levels at SUNY New Paltz. In addition, Tom has directed world history teacher training workshops all over the United States and in Cambodia. He has also taught several courses for LLI

since the inception of the program.

One of Tom's students had this to say about him: "Tom Mounkhal, a world historian, brings the study of history alive in a dynamic, engaging and educational manner. His global approach incorporates the history of politics, art, disease, animals and plant life all into one big luscious mixture, and we learn in a manner very different from how we were taught as kids."

LLI Needs Your Help

The LLI Council is the group of dedicated members who, with our many volunteers, is responsible for keeping the organization running smoothly. Currently the Council is without a Vice-President, the Officer who will become the

President after the expiration of the President's one-year term. Qualifications: A love of the organization and good people skills.

To get a good idea of how Lifetime Learning Institute works, come to a monthly meeting of the Lifetime Learning Institute Council.

The meetings are open to all LLI members. You'll find a special camaraderie at Council meetings that make the meetings not only productive but also enjoyable. The monthly meetings currently take place the second Thursday of each month at 9:00 a.m. in the education building at St. Joseph's Church.

To Get the Most Out of Your LLI Membership

For new members, a reduced membership fee will go into effect

First-time new registrants who register for 2016 this Spring classes may do so for an introductory fee of \$75. Annual membership for returning members remains \$115 per person. The current membership year is from July 1, 2015 through June 30, 2016. If you know someone who might want to take LLI courses Spring, please let them know of the introductory fee.

Renew for 2016-2017

The annual membership is still \$115. Your membership entitles you to an assortment of courses, special lecture programs, and other activities. If you are not a member, send in your membership form when you receive the next catalogue of course offerings. For information, you can email or call LLI, using the information below in the "Others" box. It's the help of dedicated volunteers that make LLI successful.

LLI Council 2015/2016

Officers

President: Marilou Abramshe
Vice President: Phyllis Sturm
Treasurer: Jay Bishop
Secretary: Faith Nichols
Immediate Past President:
 Dr. Clinton Bennett
Members at Large:
 Alma Sloan
 Stefi Morrison
 Alice Barner

Standing Committee Chairs

Curriculum Development:
 Sheyda Eversley
Catalog:
 Marilou Abramshe
Classroom Management:
 Ellen Brady
Classroom Assistant:
 Gail Picciati
Membership: Marny Janson
Events: Johanna Hill
Volunteers: Joyce Schiff

Others

Registrar and Admin.
Assistant: Jane Winters
SUNY New Paltz Liaison:
 Helise Winters,
Dean, Office of
Extended Learning
LLI Contact Information:
 lifetime@newpaltz.edu
 (845) 257-8292
Newsletter Editor: Ed Steele