



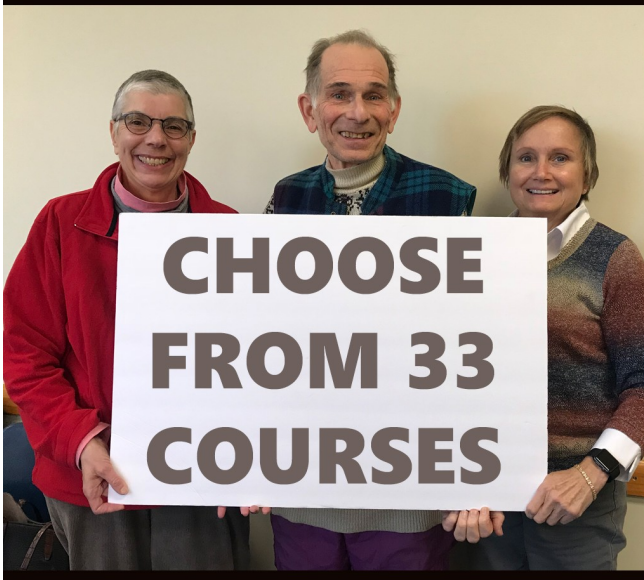
LIFETIME
LEARNING
INSTITUTE
S U N Y
NEW PALTZ

Register by
Feb. 19
Classes fill
early.

Learning for the Fun of it

Spring 2018 Courses

At SUNY New Paltz and other locations • Noncredit and Noncompetitive Courses
Sponsored by the Office of Extended Learning • Elderhostel/Road Scholar affiliate
LLI is a volunteer, member-run organization



QUESTIONS? CALL 845.257.2892

Welcome Lifetime Learners,

What a year so far! A great kickoff celebration dinner, well-received and attended classes, new programs introduced - the perfect way to start LLI's second decade.

I personally had a great first semester, working with our members, along with the faculty, staff, and students of the Theatre Department. As you can see as you skim through the catalog, we are continuing to expand our outreach to the greater University community, recruiting professionals from various departments to teach, and making our presence on campus more visible.

Our Spring offering of 33 courses is both varied and interesting. Our volunteer presenters represent a cross section of our community, supporting LLI through their participation.

As Oscar Hammerstein II put it best:

It's a very ancient saying
But a true and honest thought
That if you become a teacher
By your pupils you'll be taught

Thank you for all you have taught me.

Just a reminder to register early, as classes fill quickly.

My best,
Jessica D. Rothman
President of LLI SUNY New Paltz 2017 - 2018

LLI MISSION STATEMENT

The Lifetime Learning Institute of New Paltz promotes diverse and enriching learning experiences for older adults, provides opportunities for social interaction, and encourages individuals to use their knowledge and skills in creative ways.

(Adopted 3/7/2008)

MEMBERSHIP AND FEES

You must be a member to register for classes. Spring Special for brand-new members is only \$75 for one semester membership. Annual membership is \$115 per person. The 2017–2018 membership year runs from July 1 through June 30. Membership fee is non-refundable.

REGISTRATION

This catalog presents classes covering the coming Spring semester. Courses are open to current 2017–2018 LLI members. Non-members may join and register for courses by returning the enclosed form. For courses with size limits, members may be limited to enrolling in one or two classes.

REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF LOTTERY (Ⓛ) CLASSES (See below). Registration confirmation letters will be mailed after February 21. Wednesday classes begin March 14. Friday classes begin March 16.

FEBRUARY 19 IS SUGGESTED DEADLINE FOR REGISTRATION.

THE LOTTERY SYSTEM

Some classes have a limited size number established by the presenters. It has been decided to implement a lottery system for these classes.

Lottery classes (limited to 10 participants or less) are indicated in the registration form by an Ⓛ and in the catalog with the word *LOTTERY*.

The Lottery process will begin on the day after the close of registration and will apply only to classes with limited seats.

The names of all the members who have indicated their interest in the Lottery class will be placed in a hat. Names will be randomly drawn until the class is filled. A waiting list will be created from the remaining names.

SPRING 2018 COURSES AT A GLANCE

WEDNESDAY 8-WEEK COURSES (W-8)	3
Botany of Trees and Shrubs in Your Garden and Woods	3
Current Events Discussion	3
Language and Society	4
Opera as Politics II	4
Reading Women's Short Fiction	4
Toward Psycho-Spiritual Freedom	5
Voices of Kings - Shakespeare's English Monarchs	5
WEDNESDAY EARLY 4-WEEK COURSES (W-4-E)	5
Four Faiths	5
How to Stay Healthy in an Unhealthy World - Part I.....	6
The American Revolutionary War: A Different Perspective	6
The Hudson River: From Top to Bottom, Mountain to Sea	7
WEDNESDAY LATE 4-WEEK COURSES (W-4-L)	7
Natural Environment of the Mid-Hudson Valley.....	7
Pencil and Watercolor with YouTube Support	7
Selected Topics in Chemistry.....	8
The Middle Ages in Global Perspective	8
Theater and World History: What's So Funny? Comic Plays Throughout History	8
Virtual Tour of Art Museums.....	9
FRIDAY 8-WEEK COURSES (F-8)	9
Chess for Beginners	9
Clay and Glaze Play	10
Theater Workshop.....	10
FRIDAY EARLY 4-WEEK COURSES (F-4-E)	11
Beading 101	11
Fairy Tales for the Future	11
Fold Everything! All about Origami	11
The Historic Architecture of Ulster County	12
Lost Industries of Ulster County	12
New Paltz Antique Road Show	13
You, the Empowered Patient	13
FRIDAY LATE 4-WEEK COURSES (F-4-L)	13
Advanced Mah-Jongg Strategies	13
Beading 102	14
Birding for Lazy Birders.....	14
Chair Yoga.....	14
Population issues and changes in Developing and Developed Countries....	15
Uncorking the Mystique of Wine Terroir	15

WEDNESDAY 8-WEEK COURSES (W-8)

Mar. 14, 21, (No class on Mar. 28), Apr. 4, 11, 18, 25, May 2, and 9



BOTANY OF TREES AND SHRUBS IN YOUR GARDEN AND WOODS

Rick Jones

SUNY Campus 9:30-10:45

The course covers the basic botanical mechanics of garden and forest plants and trees. Plant evolution, naming of plants, workings of cells, functions of stems, roots and leaves as well as plant reproduction are among the topics. Questions such as : what makes maple syrup run, what causes fall leaves to change color, why don't the pipes in trees freeze in the winter, missing and disappeared plants, plants that don't photosynthesize, plant communication and the list goes on. Suggested reading is *Botany for Gardeners* by Brian Capon, Timber Press.

Rick Jones is a retired executive of a major NYC bank with an extensive interest in Botany and Natural History. He has certification in both Botany and Ornamental Horticulture from the Continuing Education Department at the New York Botanical Gardens as well as many years of botanizing at the Eagle Hill Institute of Science in Bar Harbor Maine. He is a long time mentor and docent at the New York Botanical Gardens as well as a volunteer in the Horticulture Office. He is also an avid trekker both here and abroad.



CURRENT EVENTS DISCUSSION

Bill Goldman

SUNY Campus, 2:00-3:15

Class Limit 15

The course is a discussion group on current events focusing on the most significant international and national news. Each week before class, the leader/facilitator will email a few key articles or editorials to the participants for their reading and class discussion. The facilitator will manage the discussion to maximize participation and the coverage of the issues while maintaining basic decorum. Participants should come prepared to discuss the issues presented in the provided articles and by reading leading newspapers, journals and other media sources. It is essential to have a functioning email address and access to the internet.

Bill Goldman has had a long term interest in current events, especially in international affairs. He worked and lived as a Peace Corps Volunteer and a USAID foreign service officer in 7 countries over 30 years managing assistance for reproductive health, child survival, HIV/AIDS and related public health programs.

**Register early.
Classes fill
quickly!**



LANGUAGE AND SOCIETY

Eric Chambers

SUNY Campus, 12:30-1:45

Do you ever wonder how many languages there are in the world, and how they might be related? Have you ever been told that you speak "incorrectly" or "wrong" and what it means to speak "correctly"? Speakers of a language often use different ways of speaking that reflect attitudes about race, class, gender, etc., and often without their even realizing it! This class will take a look at the wonderful world of language and how people use language to talk about their race, class, gender and attitudes toward life. We will talk about well-known research in linguistics that addresses these topics and try to make sense of why we speak the way we do.

NOTE THIS CLASS IS A REPEAT OF A PREVIOUSLY GIVEN CLASS

Eric Chambers teaches linguistics and sociolinguistics for SUNY New Paltz.



OPERA AS POLITICS II

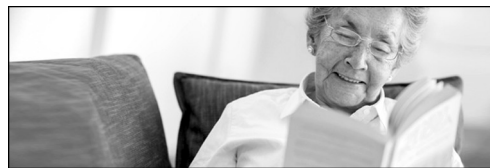
Chuck Mishaan

SUNY Campus, 2:00-3:15

Opera has been a major art form in Western society for over 400 years, with much to say about politics. This course continues to look at governmental, sexual, economic and religious politics as expressed in opera. We will do a close examination of

important 19th and 20th century operas, with special focus on major works of Verdi and Wagner. Operatic video performances will be presented in class as political themes are discussed. Familiarity with the operatic repertoire is not assumed, nor is technical musical knowledge. **Opera as Politics I is NOT a prerequisite.**

Chuck Mishaan has been an opera aficionado since the days of \$2 tickets at the old Metropolitan Opera House. He briefly appeared in a non-singing role on stage at the new Met and is a regular attendee at this world-class venue. He was an adjunct professor at NYU teaching about technology and its impact on health care and consults with health-care providers on automating their clinical practice.



READING WOMEN'S SHORT FICTION

Ingrid Hughes

SUNY Campus, 11:00-12:15

Class limit 18

A short story will be discussed each week. Students will need to read the week's story at home-preferably twice - in preparation for the class. We will be reading *More Stories We Tell: The Best Contemporary Short Stories* by North American Women, edited by Wendy Martin. Amazon and other used book stores have copies available for as low as one cent +postage. Students should note that Wendy Martin has another book with a similar title, but with entirely different stories. Be sure to purchase this one.

Ingrid Blaufarb Hughes taught English language and literature at the City University of New York for many

years. Her memoir about her son, *Losing Aaron*, is now available from Amazon.com.



TOWARD PSYCHO-SPIRITUAL FREEDOM

George Jacobs
SUNY Campus, 9:30-10:45
Class Limit 20

We have been conditioned since birth by parents, society and culture. Many of our beliefs, assumptions, personality patterns and behaviors are programmed into us and often operate beneath the surface of our conscious minds. Through lecture, discussion and experiential practice, we will bring these conditioned beliefs and patterns to the light of our awareness to free us from their grip on our minds and hearts. We will use meditation, mindfulness, mantra, music and more, to explore the question, "If I'm not my conditioned beliefs, patterns and personality, who am I? NOTE: THIS CLASS IS A REPEAT OF A PREVIOUSLY GIVEN CLASS

George Jacobs has served as a psycho-spiritual counselor, interfaith minister, teacher, entrepreneur, farmer and musician. He is a student of psychology, religion and spirituality and practices meditation and yoga.



VOICES OF KINGS - SHAKESPEARE'S ENGLISH MONARCHS

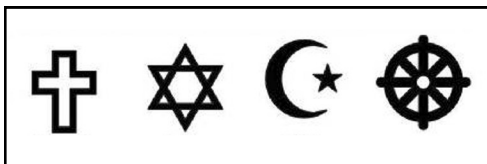
Don Wildy
SUNY Campus, 9:30-10:45

We will sample and examine selected speeches scripted for each of the English Kings in Shakespeare's History Plays and investigate how he illustrated each king's place in history and delineated the individuality and uniqueness of each of their personalities.

Don Wildy is retired from the Communication Department of SUNY New Paltz where he taught from 1966 to 1993. He has been active in local amateur theater for many years.

WEDNESDAY EARLY 4-WEEK COURSES (W-4-E)

Mar. 14, 21, (No class on Mar. 28), Apr. 4, and 11



FOUR FAITHS

Rabbi Yael, Imam Syed Khalid Khan, Khenpo Karma Tenkyong, Father Salvatore Cordaro O.F.M., Cap.,
SUNY Campus, 11:00-12:15

The purpose of this course is to inform the participants what it means

to be a person of faith in a particular religious tradition. Four different religious leaders, in separate sessions, will explain how adherence to their particular religion's beliefs and practices transfer into the everyday life of the believer in today's world.

Rabbi Yael is the Rabbi of Congregation Emanuel of the Hudson Valley. Syed Khalid Khan is the Imam in the local mosque for Ulster and adjacent

counties. Khenpo Karma Tenkyong is the second president of Karma Triyana Dharmachakra Tibetan Buddhist Monastery in Woodstock. Father Sal Cordano is a Capuchin Franciscan brother and pastor of St. Joseph's Church in New Paltz.



HOW TO STAY HEALTHY IN AN UNHEALTHY WORLD - PART I

Dr. Eliot Hudes

SUNY Campus, 11:00-12:15

This presentation will impact the health and well being of all who attend. The program will increase awareness and provide information that can be implemented by the attendees to make necessary changes in behavior and habits in order to achieve a better state of health. Some topics covered are: exercise, posture, better nutrition, improving sleep, stress management; Lifestyle alterations to address diabetes, cancer, stroke, heart disease, dementia and Alzheimer's, osteoporosis; uses and prevention of back and neck pain and how to properly perform usual activities of daily living.

Eliot Hudes was in clinical practice for more than 30 years and at present is an accident and injury consultant for the legal and insurance industries. He is a Board Certified specialist in Chiropractic Orthopedics. He is the recipient of numerous professional and community awards and citations and has been a Postgraduate Adjunct Lecturer at SUNY New Paltz. He co-authored Health and Wellness for

School Administrators with Michael Muffs, Ed.D. Staying Healthy in an Unhealthy World has been presented at various venues in the Hudson Valley.



THE AMERICAN REVOLUTIONARY WAR: A DIFFERENT PERSPECTIVE

Bob Ulrich

SUNY Campus, 12:30-1:45

The story of Revolutionary War hero, Daniel Morgan, brings to light some very interesting, but little taught background on how the Revolutionary War was started - and ended. In many ways it was an ethnic and religious conflict brought to the shores from the religious reformation going on in Europe. The fight against Rome was over, but now it was one Protestant sect against another and even one set of Indian nations against others. What was a "rifleman" and how did that precision weapon make them so effective against their enemies? Who were the Scots-Irish? How did "Pilgrims" differ from "Puritans" and which group effectively eliminated Native American life from New England?

Retired after a 30 year career at IBM, Bob Ulrich discovered his passion for the history of our Hudson Valley and America itself. A self taught historian and presenter at LLI, Bob's use of photographs and illustrations make his presentations interesting and memorable.



THE HUDSON RIVER: FROM TOP TO BOTTOM, MOUNTAIN TO SEA

Steve Stanne
SUNY Campus, 2:00-3:15

The Hudson River is the defining natural feature of our region, familiar to millions who cross its bridges, admire its grandeur from shore, or sail its waters. Though familiar, the Hudson is more than it seems: no mere river, but an estuary - an arm of the

sea, subject to tides and storm surges, home to seahorses and sturgeon. This course will explore the Hudson's ecology, biodiversity, and environmental history, from successes like restoration of the bald eagle to the challenges of climate change.

Steve Stanne and colleagues from the Hudson River Estuary Program will teach this course. Steve has taught about the river since 1980 as education director for Clearwater and the Estuary Program.

WEDNESDAY LATE 4-WEEK COURSES (W-4-L)
April 18, 25, May 2, and 9



NATURAL ENVIRONMENT OF THE MID-HUDSON VALLEY

Four Faculty members from the SUNY New Paltz School of Science and Engineering
SUNY Campus, 11:00-12:15

This course will cover a variety of topics relating to the ecosystem of the Hudson Valley. Each week, a different faculty member from the SUNY New Paltz School of Science and Engineering will present. Topics include: A Bird's eye view of Urbanization in the Hudson Valley: How can we create better Habitats for Wildlife and Humans. Hudson Valley Landscape: The Story of a Glacier and a River. Forests of the Mid-Hudson River Valley: A Landscape of Biodiversity and Change. Forming the Hudson Valley: Geologic history of east-

ern New York state over the last 2 billion years.

Dr Kara Belinsky, Asst Professor- Biology; Dr. John Rayburn, Associate Professor- Geology; Dr. Eric Keeling, Assistant Professor - Biology; Dr. Alex Bartholomew, Associate Professor - Geology



PENCIL AND WATERCOLOR WITH YOUTUBE SUPPORT

Maureen Rogers
SUNY Campus, 11:00-12:15

We will look at YouTube videos as a means of developing/improving understanding of form and values. Short videos will be played followed by students working and instructor facilitating drawing and water color techniques. It is hoped that after this four week course you are able to

continue learning using YouTube as a guide. Needed are basics- drawing pencils, sketch book. watercolor paints, watercolor paper. Specific types of material will be discussed in the first class. If you do not have material already, the instructor will supply it for the first class. After that time you can buy material that is right for you.

Maureen Rogers is a retired teacher of math and computer science. Now she studies with Vince Natale at the Woodstock School of Art. Graphite drawings and watercolor of local landscapes make up her collection. She has taught art courses for senior learning for LLI since 2013.



SELECTED TOPICS IN CHEMISTRY

Ed Rogers

SUNY Campus, 9:30-10:45

Each of the four weeks will be dedicated to one the following topics in Chemistry: Electrochemistry; Kinetics and Equilibrium; Acids and Bases; Nuclear Chemistry. Each topic will be handled to emphasize its practical application with an environmental slant whenever possible.

Ed Rogers has more than 38 years of experience teaching high school and college Chemistry.

**A mind once stretched by a
new idea never regains its
original dimensions**

— Anonymous



THE MIDDLE AGES IN GLOBAL PERSPECTIVE

Joe Britto

SUNY Campus, 9:30-10:45

This course will feature an overview of the period generally called The Middle Ages (5th - 16th Centuries). We will discuss politics, religion, the arts, gender and class as it was demonstrated in the major cultures of the world during that time.

Joe Britto was adjunct professor of history at SUNY New Paltz for 26 years and is now at SUNY Orange. His area of concentration is Latin America, especially Mexico, the Caribbean and early modern world history. He had a career in the New York State Department of Corrections for thirty years as a counselor, psychotherapist and hostage negotiator. He is a frequent presenter at LLI.



THEATER AND WORLD HISTORY: WHAT'S SO FUNNY? COMIC PLAYS THROUGHOUT HISTORY

Tom Mounkhal & Robert Miller

SUNY Campus, 2:00-3:15

An examination of why original audiences laughed and why we are still laughing, from both a theatrical and world history perspective.

Tom Mounkhal is a world historian who has trained world history teachers all over the country. He has

taught many courses for LLI in the past. Robert Miller has 20 years of experience as a professional actor/director/producer with productions at the Kennedy Center and the Brooklyn Academy of Music. He is Co-Producer of Mohonk Mountain Stage Company in New Paltz and a faculty member at SUNY New Paltz.



VIRTUAL TOUR OF ART MUSEUMS

Sevan Melikyan
SUNY Campus, 12:30-1:45

Through the interpretive eyes and passion of your lecturer, you will learn to appreciate about the history, architecture, and collection housed within the walls of these four excep-

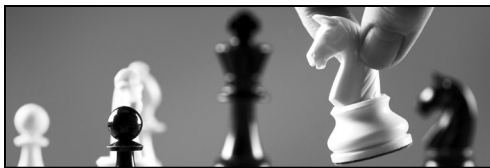
tional museums: The Metropolitan Museum's Robert Lehman Collection; Wallace Collection (London, England); The Clark (Williamstown, MA); City of Paris Museum of Modern Art (Paris, France).

Sevan Melikyan runs the Wired Gallery in High Falls and is a visual artist who has dedicated himself to interpreting masterpieces by other famous artists. His latest endeavor is to lead guided tours in museums in France.

The most important function of education at any level is to develop the personality of the individual and the significance of his life to himself and to others.

FRIDAY 8-WEEK COURSES (F-8)

Mar. 16, 23, (No class on Mar, 30), Apr. 6, 13, 20, 27, May 4, 11



CHESS FOR BEGINNERS

Edward Boden
Woodland Pond, 10:50-12:05

We will start with how the pieces move and get everyone set up to play over the internet. Key ideas of chess openings and middle game, with emphasis on tactics, will be covered. We will practice checkmate patterns and basic tactics such as fork, skewer, pin, double check, and overloaded pieces. You must play

chess to learn it, so we will try to play a game each week and play each other over the internet between classes. There is no cost chess software on the internet which we will use (www.chess.com and lichess.org, and interactive basic lessons in www.chess.com/learn-how-to-play-chess#howtomove.) We will practice tactics with problems such as those in www.chess.com/tactics.

Edward Boden has played chess for years and now plays regularly via the internet. He has taught LLI chess for three years and has enjoyed the class interactions and discussions.



CLAY AND GLAZE PLAY

Connie Noelle

Studio, 12:45-2:00

Materials fee depends on size of project \$15 to \$30

Class limit 6 **LOTTERY**

Come play with clay! The wonderful feel of pliable, soft, responsive clay is just plain fun. The thrill of rolling, molding and shaping it into something beautiful, fanciful and totally unique is even better. Look at the shapes in your world, bowls, empty salt box, smooth rock, find one you like and bring it with you. During the first two weeks we will roll a slab of clay and mold it with what you bring. The next two weeks we will trim, add texture and experiment with glaze on pre-fired samples. We will skip week 5 and 6 while the clay-work dries and gets fired. When you return, your beautiful hard white ceramic vessel will be waiting for your glaze designs. On week 7 and 8 you apply glaze from an astonishing array of glorious colors that (after the second firing) will sparkle and shine with the intensity only glaze can give to color. You will return one last time or arrange with someone to pick up your work after the last firing.

Connie Noelle taught art classes in public schools for 25 years and in adult and preschool class also. She

has a permanent certification in Art Education. She holds classes in her studio in a beautiful setting four and a half miles west of New Paltz on a short road that stops at her flower garden under the towering cliffs. She has a ball with these classes and so



THEATER WORKSHOP

Nancy Van Laan

St. Joseph's, 10:50-12:05

In this class we will work together as writers and actors to create a theatrical piece based on a central theme. We will be exploring the various aspects of aging with all its highs, lows and in-betweens. It is my hope that the end result will be an uplifting collection of monologues, songs, poetry and ten minute plays that will affect an audience in a positive way. My plan is to have all of what we do collaboratively become an actual performance at a later date. No previous acting experience is necessary, just a willingness to participate and have a good time doing so. Anyone with a musical background should join us as well.

Nancy Van Laan taught creative writing at Rutgers where she received her MFA in theater as a playwright. Two of her full-length comedies won regional awards and were produced in the state of New Jersey.

Register by February 19.
Classes fill quickly.

FRIDAY EARLY 4-WEEK COURSES (F-4-E)

Mar. 16, 23, (No class on Mar, 30), Apr. 6, 13



BEADING 101

Helen Tennenbaum
St. Joseph's, 12:45-2:00
Materials fee: \$20
Class limit 8 **LOTTERY**

This class is for beginners. I will teach two stitches, each having a project to go with it. A kit of beginning materials will be supplied as well as the beads. Repeaters are welcome but please know that it may be a repeat project.

I have been beading for over 12 years. I find it relaxing and easy to transport when you are on the move.



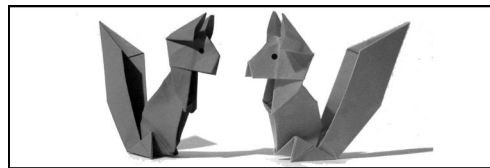
FAIRY TALES FOR THE FUTURE

Patty Kane Horrigan
St. Joseph's, 9:05-10:20

In dark times people told each other stories for solace, escape and hope. Those were filled with gingerbread houses, glass slippers, talking animals and seven league boots. But what stories are we telling in **our** dark times? This class will explore how fairy tales have helped people cope through the millennia. We will try our hand at deconstructing older stories and writing new ones that describe the world we live in. Please read all the fairy tales you can before

the class. Bring your imagination and your sense of what's happening now.

When Patty Kane Horrigan was a little girl she wanted nothing more than to explore the fairy tale worlds that she found in her beloved children's books. She has never lost that wish. Through years of study and exploration she continues to find the enchantment, consolation and deeper meaning that lies within them all. As a writer and a teacher she has learned that fairy tales are still very much alive within us, waiting to be discovered and expressed.



FOLD EVERYTHING! ALL ABOUT ORIGAMI

Kathryn Paulsen
St. Joseph's, 2:30-3:45
Materials fee \$7
Class limit 20

Discover the pleasure of creating something beautiful from a simple folded piece of paper: flowers, birds, and more, all new models for Spring. Learn the basic skills and language of origami, how to follow instructions in books, and make items which can be used as cards, gifts and decorations. With origami there's always something new to fold. After this course you will be able to teach others about "The Peace of Paper". No experience necessary.

A lifelong maker of creative works, Kathryn Paulsen was a public school art teacher in Dutchess county for 38

years, where "Folding Friday" delighted her students. She was awarded the 2010 New York State Art Teachers Association Middle School Teacher of the Year. She has taught semester courses in origami for adults at Ulster County Community College. An active member of Hudson Valley Folders and Origami USA, she leads origami workshops for art teachers at conferences and workshops, Recently she taught a four-week course in origami at Rosendale Recreation Youth Center, sponsored by the Rosendale Library. Her first solo exhibit, "Fold Everything" took place at Catskill Community Center Gallery in Catskill NY in April and May 2016.



THE HISTORIC ARCHITECTURE OF ULSTER COUNTY

Bill Rhoads

Deyo Hall, 9:05-10:20

A survey of buildings in the city of Kingston and the villages and towns of Ulster County from the colonial period to about 1950. A variety of styles from Dutch Colonial to Modern and of building types from houses and barns to railroad and gas stations will be explored. The connections between the buildings and the society that produced and supported them will also be investigated. Suggested readings: *Early Architecture of Ulster County* (Kingston 1984) Barry Benepe, editor; *A Field Guide to American Houses* (New York 1984) Virginia and Lee McCallister; *Dutch Houses in the Hudson Valley before 1776* (New York 1929, reprinted

1965) Helen Wilkinson Reynolds; Ulster County, New York: *The Architectural History and Guide* (Delmar 2011) William B. Rhoads.

Bill Rhoads joined the Art History Department At SUNY Paltz in 1970 and is currently a professor emeritus. He is the author of *Kingston, New York: The Architectural History and Guide* (2003) and of forthcoming biography of Kingston architect Charles S. Keefe (1876-1946).



LOST INDUSTRIES OF ULSTER COUNTY

Marilou Abramshe

Deyo Hall, 10:50-12:05

For over a century, Ulster County was home to industries that were a vital part of the Ulster landscape. They were essential not only to the prosperity of its populace, but also, ultimately, to the nation. But no more! The relics of the area's industrial history lie silent and, in many cases, forgotten. Learn about some of these industries and the people involved with them. See what is left of these once thriving industries of Ulster County. NOTE THIS CLASS IS A REPEAT OF THE CLASS GIVEN IN THE FALL OF 2017

Marilou Abramshe loves local history and has been involved in researching various aspects of it for over 30 years. She has led several classes in recent years for LLI on New Paltz and Ulster County history.



NEW PALTZ ANTIQUE ROAD SHOW

Walter Marquez

St. Joseph's, 12:45-2:00

Bring your treasures in to be reviewed and appraised. Review of antiques and collectibles along with fakes and reproductions. General info on dating and appraising antiques.

Walter Marquez is the owner and manager of the Antiques Barn at Water Street Market and Antiques on Main at Water Street Market. He is a past president of the Ulster County Antique Dealers Assoc.



YOU, THE EMPOWERED PATIENT

Puja Thomson

St. Joseph's, 10:50-12:05

Materials fee \$15. Please bring a 3-ring binder

Class limit 20

For patients, family members and care-givers, this course empowers increased understanding and personal involvement in your medical journey. Topics include: navigating the medical community, mainstream, complementary, and integrative - who does what?; getting the most out of your medical appointments-how to prepare beforehand, speak up during and follow-up after- to get support to make the best possible decisions; organizing a paper trail-medical records, billing and advance directives; and creating your own wellness programs.

SIMILAR TO PREVIOUS 2016 COURSE.

Puja A. J. Thompson is an experienced healthcare practitioner and LLI presenter on holistic health, wellness and spirituality as well as an inclusive ceremony officiant for life's changes. She is author of "My Health and Wellness Organizer" and "After Shock- From Cancer Diagnosis to Healing".

FRIDAY LATE 4-WEEK COURSES (F-4-L) Apr. 20, 27, May 4, and 11



ADVANCED MAH-JONGG STRATEGIES

Barbara Wyman

Woodland Pond, 10:50-12:05

Materials fee: \$20

Class limit 10 **LOTTERY**

This course is designed to teach techniques and strategies to "up your

game". Bring your 2018 Mah-Jongg Card and play to learn. Previous knowledge of the game is required and 2018 Mah-Jongg League Card is necessary in order to participate.

Barbara Wyman has been playing Mah-Jongg for 20+ years and enjoys playing three times a week. Previously she assisted in teaching a beginning class and also taught an advanced class. There is always something to learn about the game and each new card brings a new set of challenges.



BEADING 102

Helen Tennenbaum and Linda Worden

St. Joseph’s, 10:50-12:05

Materials fee: \$20

Class limit 15

This class is for people who are familiar with some beading techniques as well as some stitches. There will be supplies for two projects as well as materials such as wire and needles. The projects will be different from past projects. Repeaters welcome.

Helen Tennenbaum has been beading for more than 12 years. She finds it relaxing and easy to transport when you are on the move.



BIRDING FOR LAZY BIRDERS

Paul Osgood

St. Joseph’s and Field Trips

9:05-10:20

Class limit 15

Have you ever seen a common merganser? A rose breasted grosbeak? A belted kingfisher? These are three of the more than 300 species of birds easily found in New York. Learn how to choose a pair of binoculars, what field guide to use, what the online resources are. One week will be spent in the classroom and three will

involve local field trips. Participants should be able to walk a half mile.

Paul Osgood has been birding in New York and far afield for 30 years. He takes great pleasure in observing common local birds as well as rare visitors. He believes that knowledge of local birds is essential to stimulating the search for more exotic birds in more exotic places.



CHAIR YOGA

Susan Jacque

New Paltz Community Center

12:45-2:00

Class limit 20

This class is especially for people who may want to get back in shape and those who are recovering from illness or injury. You will experience gentle injury-free postures and movements with emphasis on alignment and detail. We will work toward developing strength, flexibility and balance, using breath to connect you to the life force within and around you. Class will end with a relaxation and meditation so you leave feeling refreshed and renewed in body, mind and spirit.

Susan Jacque has been practicing yoga for over 21 years and teaching the last twelve. Her training includes interdisciplinary Yoga, Embody Yoga, Yoga for cancer and heart patients. She is a continual student.

Always walk through life as if you have something new to learn and you will. — Vernon Howard



**POPULATION ISSUES AND CHANGES
IN DEVELOPING AND DEVELOPED
COUNTRIES**

John Ross

St. Joseph's , 10:50-12:05

Rapid population growth especially in Africa and parts of Asia is contrasted with the slow growth or declines in Europe. Factors affecting population growth rates are discussed including family planning in fast growth areas and in-migration and incentives for childbearing in slow-growth countries. The interplay among population factors and climate change and refugee movements is discussed. The economic consequences of rapid aging and other changes in the population age structure are presented. The extremely rapid changes now ongoing are stressed in these topics.

As a demographer, John Ross has assisted developing countries with their population programs. He served on the faculty of Columbia University and worked through non-



**UNCORKING THE MYSTIQUE OF
WINE TERROIR**

Manny Sloan

Woodland Pond, 12:45-2:00

Materials Fee \$29-\$35 per person depending on class size.

Class limit 25

Why does a Pinot Noir from France taste different from a Pinot Noir from California? In this four week course we will sample and discuss how the climate, soil and growing conditions affect the taste of several varietals from many regions. This will help you to determine your personal preference by tasting wine of the same grape from different areas. Attendees will need to bring 3 wine glasses to each class.

Over 40 years of enjoying and learning about wine as a hobby has led Manny Sloan to pursue his latest career as a wine consultant and wine educator with Wine Worldwide and International Wine Masters here in New Paltz. "I have always enjoyed discovering the different nuances that are revealed in a bottle of wine depending on where the grapes were grown."

**For the spring semester,
first-time registrants
pay a one-time only fee of
\$75 to join LLI.**




HELP US RUN THE ORGANIZATION

LLI is run by volunteer members and there are so many ways to help out. One particular gratifying contribution is to be the classroom assistant in one of your courses. You handle communications between the presenter and the students and assist in other ways. It's a good way to participate in the program and get to know people along the way.


If you want to help grow and serve the organization, join the membership committee. Or volunteer for the curriculum committee, where you will help select the courses. Or just say you are willing to help in some small way like participating in occasional mailings. You can indicate your interest on the registration form.

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