



LIFETIME
LEARNING
INSTITUTE

S U N Y
NEW PALTZ

*Learning
for the
fun of it*

SPRING 2023 COURSES



NON CREDIT AND NON COMPETITIVE COURSES
SPONSORED BY SUNY NEW PALTZ
THE OFFICE OF GRADUATE AND EXTENDED LEARNING
ROAD SCHOLAR – LLI RESOURCE NETWORK
LLI IS A VOLUNTEER MEMBER-RUN ORGANIZATION

REGISTER BY
FEBRUARY 22

CLASSES
FILL EARLY

Dear LLI Members,

We anticipated that 2022 would be a challenging year for LLI and I am pleased to report that with the help of many volunteers we were able to successfully navigate the challenges.

As Covid restrictions gradually lifted, we moved from our Spring semester with a majority of Zoom classes to the Fall session, with a greater number of in-person offerings. We find that our membership is slowly restoring to pre-pandemic levels as we continue to seek ways to encourage growth, as the more robust our membership, the more we can offer.

Our greatest challenge this September was the sudden loss of a registrar which left us without the access to the software to enroll students. Fortunately, our council rolled up its collective sleeves to manually create master class lists and send out registration letters. It took many hours, but the Fall semester proceeded smoothly, (with only a few minor glitches).

The Winter Session, created by Carole Heyl, was an opportunity to continue to be mentally stimulated and stay in touch during these cold winter days. The love of learning never stops, or in the words of LLI Member, Fonda Rothblatt, "You stop learning when you take your last breath."

Our Spring catalog will be online soon. We are offering 33 courses which take place on and off campus and online via Zoom. There is something for everyone. Make sure to join us for an enjoyable and educational semester.

**Sincerely,
Theo Pappas
President, LLI-SUNY New Paltz**

MEMBERSHIP AND FEES

If you joined LLI with an Annual Membership (\$120 per person) in Fall 2022, there is no additional fee. The 2022–2023 membership year runs from July 1 through June 30. If you chose a per semester membership (Fall & Winter), the fee is \$75.00 per person for the Spring session. If you are a new or returning member, the fee is \$75.00 for the Spring session. Membership fee is non-refundable.

REGISTRATION

This catalog represents classes covering the coming Spring semester. For courses with size limits, members may be limited to enrolling in one or two such classes. **REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED.** Registration confirmation letters will be mailed in early March. Wednesday classes begin March 8 and Friday classes begin March 10. Thursday (ONLINE) classes begin on March 9.

FEBRUARY 22 IS THE DEADLINE FOR REGISTRATION

Catalog and Registration will be online at newpaltz.edu/lifetime
Or use the Registration Form link at <https://forms.gle/Z3HKeL7s2ahHCMEg8>

YOUR REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED, IF REQUIRED.
PLEASE MAKE YOUR CHECK PAYABLE TO **CAS/LLI**, (INCLUDE MEMBER NAME) AND SEND TO:
REGISTRAR LIFETIME LEARNING INSTITUTE PO BOX 275 NEW PALTZ, NY 12561

SPRING 2023 LLI COURSES

There are 33 classes being offered this Spring. Classes will meet at several locations on Wednesday and Friday and Online on Thursday. Wednesday and Friday classes are in person and 75 minutes long. Thursday classes are on Zoom and 90 minutes long allowing time for login.

RE - Redeemer Lutheran Church

SU - SUNY New Paltz Campus

SJ - St. Joseph Church

WP - Woodland Pond

ZM - Online via Zoom

Redeemer Lutheran Church

90 Route 32 South (South Manheim Blvd)

St Joseph Catholic Church

34 South Chestnut St (Elting Ave)

Woodland Pond

100 Woodland Pond Circle (North Putt Corners Rd)

PARTICIPATION AND CLASS DECORUM POLICY

SUNY New Paltz Lifetime Learning Institute (LLI) members may experience a wide range of teaching styles guided by our presenters, all of whom are volunteers. In order to promote a dynamic learning environment and encourage a sense of community that is comfortable and accommodating, all LLI members are expected to behave in a manner that is respectful and courteous, to arrive at their classes on time, and to comply with reasonable requests made by the presenter.

Admission and participation in classes are within the sole discretion of LLI. LLI reserves the right to revoke admission or terminate or limit class participation or revoke membership at any time if LLI's Council officers reasonably determine a participant's condition, behavior or actions are inappropriate or disruptive.

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WEDNESDAY EIGHT-WEEK COURSES (W-8)

March 8, 15, 22, 29, April 12, 19, 26, May 3 (*no class on April 5*)

LANGUAGE, THOUGHT, AND THE BRAIN

Eric Chambers

SUNY Campus

9:30-10:45

What do we really know about how language works in the brain? What are the different ways in which various languages divide up the 'reality' of the world? Does language really have an impact on the way we think?

This course will explore these questions, and other questions that relate to the fascinating relationships between the ways we use language and the ways we think about the world.

Eric Chambers holds a doctorate in Linguistics from the Graduate Center at the City University of New York, and currently teaches courses in linguistics at SUNY New Paltz.

FUNDAMENTAL RIGHTS, JUST HOW FUNDAMENTAL ARE THEY?

Kris McDaniel-Miccio

SUNY Campus

11:00-12:15

CLASS LIMIT: 25

Often, we hear that law is distinct from culture, morality, and values. This however is not consistent with the law in America or quite frankly in any society. Indeed, the American Revolution and Continental Congress were direct results of the Enlightenment and Western Europe's desire to remove itself from the Divine Right of Kings, the suppression of

the individual as well as the tyranny of the Church/State. Indeed, the US Constitution and accompanying ten Amendments reflect this historical moment.

What is unclear however, is the nature and scope of SCOTUS, and its ability to apply, interpret, construe, and clarify both law and doctrine. This is exactly the issue surrounding *Dobbs* and *all* the substantive due process cases which emanate from that theory of liberty and equality. Some of the questions raised by the majority position in *Dobbs*, challenge rights we hold very dear and assumed to exist in our lives—specifically the right to marry, the right to raise a family (children), the right of children to have the society of their parents, the right to control one's reproductive capability as well as the overarching right of privacy.

This course will deconstruct the issues raised by *Dobbs* as well as the *alleged* legal/cultural foundation of Alito's majority opinion, Thomas' concurrence, and the dissent opinions of the minority members of the Court.

Dr. McDaniel-Miccio is an internationally renowned attorney, professor, scholar on human rights, specifically in the area of gender, sex and sexual orientation inequality. Kris litigated successful sexual discrimination cases and wage inequality, Colorado's Constitutional ban on same-sex marriage and cases challenging state collaboration concerning violence against women. She has written numerous pieces of domestic and international legislation protecting the lives and rights of children, mothers, and families

and has published extensively in leading law reviews and publications. Dr. McDaniel-Miccio is the recipient of numerous awards for teaching, scholarship and advocacy for human rights—She is most proud however of The Irish Law Society Award for Human Rights, and the trees growing in Israel “planted” by her students from the Holocaust Seminar, she taught at the University of Denver.

On a personal note, she is a Bronx girl, and rabid New York Yankee Fan.

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

**BETWEEN THE WARS:
ARTS AND CULTURE OF THE 1930's**
Chuck Mishaan

SUNY Campus
2:00-3:15

The Roaring 20s ended with the Black Friday crash. The 1930s began with the Great Depression, the rise of Authoritarianism and other threats to the fragile New World Order that had grown out of the ashes of World War I. How did the literary and visual arts reflect and react to the turmoil and challenge of the catastrophe of this Brave New World? What defined the culture of this decade? This course will take a closer look at the Arts and Culture of the 1930s.

Chuck Mishaan has been presenting courses at SUNY New Paltz for many years, including his popular *Opera as Politics* series and recently, *The Roaring 20s*. His commentary on the intersection of politics and the arts continues with this course.

WEDNESDAY FOUR-WEEK EARLY COURSE (W-4E)

March 8, 15, 22, 29

DIALOGUES IN ART

Zachary Bowman

SUNY Campus (Dorsky Museum)
2:00-3:15
CLASS LIMIT: 20

Art is not made in a vacuum, it is a form of communication – made for others to experience. In this class, we will spend our time in the Spring exhibition at the Dorsky Museum, learning artist and curator intent – and discussing how the work relates to our own lived experience. The goal is not to

evaluate the work we are seeing, but rather to take time to consider why it was made and what we might learn from it about the life of the artist and the purpose of the exhibition, about ourselves and the other members of the class.

Zachary Bowman is the Manager of Education and Visitor Experience at The Samuel Dorsky Museum of Art. He has been a museum educator for over 10 years, having worked and trained at both The Solomon R. Guggenheim Museum and the MoMA PSI in New York City.

WEDNESDAY LATE FOUR-WEEK COURSES (W-4L)

April 12, 19, 26, May 3

CREATIVE JOURNALING

Richard Parisio

SUNY Campus

9:30-10:45

Discover the ancient Japanese journaling practice called *Haibun*, combining prose and haiku-like verses to document and enrich your experience. If you've ever wanted to start writing a journal, or to deepen and expand an existing writing practice, this course is for you! We will read and discuss examples of traditional Haibun, as well as prose poems, lyric essays and other related hybrid forms. In class, we will divide our time between discussion, writing exercises, and sharing our own writing with other participants.

RECOMMENDED READING (optional):

- *Narrow Road to the Interior and Other Writings*, by Matsuo Basho (trans. by Sam Hamill)
- *The Book of Delights*, by Ross Gay
- *Danger on Peaks*, by Gary Snyder

Richard Parisio is a career environmental educator and lifelong writer. He has published an award-winning poetry chapbook, written a nature column for the former New Paltz Times, and taught college classes in composition and nature writing. Parisio has just completed a Master of Fine Arts degree in creative writing.

AWAKEN THE HEALER WITHIN

Happy Joints, Happy Life

Helen Coyle Bergstein

SUNY Campus

11:00-12:15

Imagine being able to live pain free, naturally, walking with grace through your neighborhood, dancing with your kids and grandchildren, and dare I say whirling and swirling happily through your days.

The good news is that you can with a little help from ancient, simple, Qigong practices. We will literally "wring" stagnant Qi from our joints by practicing flowing movements easily done sitting or standing. Once the stagnant Qi is unblocked, it's replaced with revitalizing Qi that flows through your joints like water: fluid and free.

Great for people living with arthritis, tendonitis, and osteoporosis. Plant-based pain and stress relief product solutions can be sampled at each class.

Helen Coyle Bergstein is a Qigong teacher certified by the IIQTC and trained with founder Dr. Roger Jahnke. Helen teaches *The Healer Within*, *Rev Up Your Brain*, *Happy Joints*, *Breathe Again* (reduce stress and anxiety) and more. Helen regained her health 20+ years ago by removing toxins from her household with plant-based alternatives to care for her family's physical and emotional well being.

BE A HEALTHIER YOU
Marilyn Reitman

SUNY Campus
11:00-12:15

NEUROPLASTCITY - SPARK YOUR BRAIN

We will work together to reopen the neuro pathways to the brain. The practice is done sitting which allows students to feel comfortable and safe while doing exercises to music while engaging various parts of the body.

MATTER of BALANCE – FEAR of FALLING

We have balance points throughout our body and we need to work them so they can work for us. These classes will work on strengthening your balance by working from the top of your head to the bottom of your feet.

The class is interesting and fun, and you will be provided an explanation about why we do each exercise, especially the fear of falling.

Marilyn Reitman began to teach 15 years ago through the government programs in Florida. She enjoys watching her students progress through her teaching methodology. After taking a course in Neuroplasticity, she taught that for three years in Florida and Mexico. Her aim is to see everyone laugh, smile and learn how to take care of themselves. She is certified in Neuroplasticity, Balance and Tai Chi.

CUISINES OF SOUTHEAST ASIA
Harvey Monder

St. Joseph Church
12:30-1:45
CLASS LIMIT: 15 (Minimum 10)
MATERIALS FEE: \$20.00

The countries of Southeast Asia represent diverse cultures and environments. Years of strife have resulted in the cross-pollination of food ingredients and the way they are prepared and seasoned. Many of the exotic spices and condiments of the area are now easily found in this country. This course will demonstrate the uses of some of these ingredients. There will be discussion and preparation of various dishes from four of the countries in the area: Indonesia, Thailand, Vietnam and Malaysia. Students will have the opportunity to taste samples of the prepared dishes.

Harvey Monder has been fascinated by the foods of Southeast Asia for over 65 years. His interest developed when he accidentally came across a book on Indonesian cooking. Through the years his interests spread to incorporate much of the other countries of Southeast Asia. He is self-educated on their cooking techniques and ingredients. He has prepared representative meals from the area for parties and picnics. In addition to his interest in Southeast Asia, Harvey has taught classes in Caribbean, Japanese and Mediterranean cuisines.

Aging is not lost youth but a new stage of opportunity and strength

THE HISTORY OF HORROR AND SCI-FI FILMS

Robert Esposito

SUNY Campus

12:30-1:45

A wonderful walk through the history of Horror and Sci-Fi films! From the 1930's "Golden Age" of Horror through 1960's outer space Sci-Fi with plenty of terrific monsters along the way. The films, the actors, the filmmakers and plenty of background information will be presented.

This promises to be a fun ride!

SUGGESTED READING:

- ***Boris Karloff***

Edited by Gary J. and Susan Svehla

- ***Hollywood's Maddest Doctors: Lionel Atwill, Colin Clive, George Zucco***

By Gregory W. Mank

- ***Forgotten Faces of Fantastic Films***

By James T. Coughlin

- ***Monsters, Mutants and Heavenly Creatures Confessions of 14 Classic Sci-Fi/ Horrormeisters!*** By Tom Weaver

Robert Esposito has a lifelong admiration of horror and Sci-Fi films and the scholarship connected with them.

In the late 1990s through the early 2000's, in conjunction with the Boris Karloff, Bela Lugosi and Dwight Frye estates, he published a series of collector card sets featuring Horror film actors Boris Karloff, Bela Lugosi and Dwight Frye.

Robert is presently on the programming committee at the Rosendale Theatre and has presented a film series *Saturday Creature Features* at the theatre which included vintage Horror and Sci-Fi films such as *Dracula* (1931), *Frankenstein* (1931) and *King Kong* (1933).

He has a large number of photos, film clip and information that he will present to the class.

WHY IS BIODYNAMIC AGRICULTURE SO IMPORTANT?

Nancy B. MacNamara

SUNY Campus

12:30-1:45

What is Biodynamic Agriculture? Why does the movement towards BD lead to a brighter future?

Learn how the principals used for farming, gardening, production of food and nutrition can create a holistic, ecological and ethical social and political atmosphere.

SUGGESTED READING:

Spiritual Foundations for the Renewal of Agriculture by Rudolf Steiner

Nancy B. MacNamara is an artist and cultivator of plants used in culinary creations as well as in herbal remedies. She is a proponent of biological regenerative agriculture in the garden and functional medicine in the body. As a Master of Fine Arts, her photographs attest to an abiding interest in the sociological anthropology of contemporary life.

**Do you have a skill or hobby
you would like to share?
Contact the Curriculum
Committee through LLI at:
845-257-2892**

FRIDAY EIGHT-WEEK COURSES (F-8)

March 10, 17, 24, 31, April 14, 21, 28, May 5 (no class on Apr 7)

CREATE YOUR OWN ARTWORK INSPIRED BY AUSTRALIAN ABORIGINAL DOT PAINTING Ellie Anderson

Redeemer Lutheran Church
9:00-10:15 (7 weeks)
CLASS LIMIT: 10
MATERIALS FEE: \$5.00

This course is suitable for any level student even if you have never painted before. You will create a painting in the style of Australian Aboriginal desert art by creating your own personal symbols to form your visual language. eg circles, squares, simple bird, flower, or animal shapes. The painting will be executed on canvas using the 'dot' style of these artists. Besides having a beautiful painting, you will learn something about Australian aboriginal culture.

Ellie Anderson was trained as a high school art teacher in Queensland, Australia and George Mason University, Fairfax, Virginia. She has taught art in both Queensland and Virginia.

FAIRY TALE EXPERIENCE Patty Kane Horrigan

St. Joseph Church
11:00 – 12:15

We are engulfed in such strange times that fairy tales seem more prescient than ever. Many of the fairy tales we are most familiar with originated in dark and challenging times such as these. We'll discuss these kinds of parallels and look to find ways to describe our own world turmoil in fairy tale terms.

Patty Kane Horrigan has been exploring fairy tales since she was a little girl. They have never gotten old or stale and instead become more nuanced and complicated as time goes on. She is a writer, a trained counselor and a teacher and loves to engage with others on her favorite stories.

TIDY TIDBITS AND FUN FACTOIDS OF HISTORY Bob Ulrich

Redeemer Lutheran Church
11:00-12:15

I bought it "**Lock, Stock, and Barrel**", and he was "**Just a Flash in the Pan**". What is "peaceful" about the **Peace Symbol**, and why wish someone to "**Sleep Tight**"? Who, exactly, "**Let the Cat Out of the Bag**," and why ?

There are so many expressions (and symbols) we use on a daily basis without giving them much thought. We all know what they mean, or imply, but - exactly how did they originate?

Bob Ulrich is a local historian whose passion for American History started after his retirement from a thirty year career with IBM.

He teaches about the early Dutch starting modern life in America, the French and Indian War, and the Revolutionary War that followed it. Bob has lectured at all the area LLIs, plus various historic societies locally and in New Jersey. He is a regular contributor to the after dinner lecture series at the Mohonk Mountain House. His picture-filled presentations and interesting factual highlights add a welcome touch to enjoying history.

INTRODUCTION TO TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

1:00 -2:15

Discover your inner Fred Astaire. Basic tap steps and fun combinations to get up and dancing. Learn all about this interesting dance form.

Tap shoes are best, but hard soled shoes will be fine. No sneakers, Please!!

Anita-Jean McMonigle has presented dance classes for LLI for several years. She also had a dance studio in the Newburgh/Marlboro area for over 50 years. She has worked as choreographer for several theater groups - Newburgh Civic Theater, Amodeo Players – Marlboro, South Junior High in Newburgh, Temple Hill Players – New Windsor, Newburgh Free Academy, and Walkill Senior High School. She has run dance or gymnastic classes for the Town Recreation groups of Marlboro, Town of Newburgh, and Highland Falls. She is on the Board of the National Association of Dance and Affiliated Arts, Inc. She has served that organization as a Vice President, Chair of the Board, and President.

UNCONSCIOUS BIAS: BECOMING AWARE OF WHAT WE REALLY BELIEVE

Jo Sanders

Woodland Pond

1:00-2:15

With the benefit of movements to improve the lives of people of color, women, people with disabilities, people with differing sexual orientations, and others, why do stereotyping and discrimination persist even though so many of us are sincerely convinced we are

unbiased? This research-based and participatory course, focusing on many equity-related issues, will delve below the surface of our conscious thoughts and attitudes to cast light on what we don't realize we think and believe, and therefore act upon. Being biased is human and natural, but by making our unconscious biases conscious, we can do something about those we'd rather not have.

Jo Sanders had a career as an educational researcher in gender equity, working with thousands of science and technology teachers and education professors nationwide and abroad to be more effective for both sexes in the classroom. She has published ten books and dozens of book chapters and research papers, and has given speeches, seminars, and workshops across the US and internationally. She is the founder and former director of the Lifelong Learning Program in San Miguel de Allende, Mexico, and now lives at Woodland Pond in New Paltz.

ADVANCED BEGINNER/INTERMEDIATE SPANISH CONVERSATION

Claudia Battaglia

St. Joseph Church

3:00-4:15

CLASS LIMIT: 15

Effective language learning requires conversational practice. Would you like to refresh and/or improve your Spanish, converse with native speakers, communicate with hired help, enrich your travel experience? Bienvenidos!

Here is your opportunity to practice!

This is a course for those who have studied Spanish and remember the very basics, but may have forgotten all the details. Though some knowledge of grammar is essential for learning a foreign language, this course will be conversational in nature. It will provide

grammatical charts of information for those who want to study, but others may prefer to use them as reference guides, or “cheat sheets” during class. Conversation will be casual, and both guided by the instructor, and driven by class interest. There will be props and some situational role-playing for the adventurous but there will be no pressure to speak until ready. This course is best suited to intermediates, and is not for beginners. Please feel free to bring a few photographs to prompt conversation.

A retired English teacher, **Claudia Battaglia** now speaks Spanish almost daily with friends, or in her work as an interpreter for Ulster Immigrant Defense Network (UIDN). She has taught Spanish as an adjunct instructor at SUNY New Paltz, and in the SUNY Language Immersion program, and has recently translated web sites into Spanish. Her love of languages and all things foreign was sparked at a young child, by her mother, who was born in France, and spoke French to Claudia. Having recently studied Arabic, Claudia brings a keen awareness to her classroom of the difficulties of trying to express simple thoughts in a foreign language.

**By nature all people are alike, but
by education become different**

MAGICAL MARVELOUS MEMOIR WRITING

Susan Slotnick

St. Joseph Church

3:00-4:15

CLASS LIMIT: 16

When we reach the time of life where a lot of our past is behind us, but informs our present every day, it's time to tell our story. We all have a unique and important story to tell. Whether or not we want to publish our story, it is meaningful to everyone who has loved and loves us.

In this course you will identify what part of your history you want to highlight. Who do you want to read your story? What moral conundrums will surely arise? Do you write about yourself only or about others? How can you get permission from people in your life that impacts your narrative?

Although this is not a how-to writing course, inevitably during the course your writing will surely improve. Let's celebrate and share our lives with each other in a safe non-judgmental environment.

Susan Slotnick has been a featured columnist for Hudson Valley One during the last 40 years. Her long career has been as a painter, choreographer, teacher and recently she published a memoir entitled *Flight: The Dance of Freedom*. She is most well known for choreographing full-scale dance concerts for men in prison, which has produced two documentaries, awards and national articles. Currently and for the last 16 years, Susan Slotnick has gone behind the walls at The Woodbourne Correctional Facility and DFY (Division For Youth prison) every Friday and Sunday to bring the joy of modern dance to incarcerated men and boys.

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

March 10, 17, 24, 31

ART MAKING WELLNESS WORKSHOP

Jane Bishow-Semevolos

St. Joseph Church

9:00-10:15

MATERIALS FEE: \$5.00

You don't have to be good at art to make art. This workshop's goal is not to create better artists but to inspire the person within, create a feeling of relaxation and improve well-being. Through these 4 workshops we will create art focusing on the process rather than the product. We will encourage you to step outside your comfort zone and give it a try. Through the intentional process of art reflection, we encourage participants to untangle thoughts, make meaning and gain self-awareness. This often leads to new perspectives and opportunities to improve wellbeing all while having fun!

Jane Bishow-Semevolos is a Licensed Creative Arts Therapist and Adventure Based Counselor. She is an alumni of SUNY New Paltz and completed her Masters Degree at Hofstra University in 2012. Jane's business is *The Art of Adventure Team Building and Wellness Workshops*. Her goals are to combine art therapy and adventure based counseling to provide an upbeat, self-learning and social learning experiences that encourage people to engage in positive challenges in order to better manage more difficult challenges.

NEW THREE R's – RUPTURE, REPAIR AND RESPECT IN FRIENDSHIP

Fred Mayo

Redeemer Lutheran Church

11:00-12:15

Friendship sustains us by providing connection, vitality and engagement, especially in the fifth quarter of our lives. However, rupture and repair are often part of long-lasting friendships; they can lead to severing a relationship or they can deepen the caring and the connection.

This course will explore a range of questions about friendships: What role do ruptures play in relationships with friends? How do we decide to repair or delete relationships? What happens when we make that decision? And what role does respect play in human relationships? What respect do you show your friends and how do you demonstrate it?

There will be some short readings to expand our understanding of these processes and chances to discuss our own experiences with friends.

A retired professor at NYU, **Fred Mayo** has taught many classes for LLI. Among them are Types of Tourism, Civility, Isolation, Rituals and Routines, Friendship and a series of Dr. Manners and social behavior.

FRIDAY LATE FOUR-WEEK COURSES (F-4L)

April 14, 21, 28, May 5

INTRODUCTION TO WILD BIRDS AND BIRDING

Annie Mardiney and Jacqueline Dooley

St. Joseph Church and Field Trips

9:00-10:15 and 8:30-9:45

CLASS LIMIT: 15

Spring is the peak of migratory songbirds heading north, so be ready to enjoy their arrival, and learn about the many species common to the public parks, trails and preserves within Ulster County. This is an introductory, low-key class to encourage new birders to identify common wild birds by sight and sound, even if all you want to do is recognize the birds at your feeders.

The first session will be in a classroom where we will discuss species we hope to see, informational resources, binoculars, and use of cameras, particularly cell phone cameras. We may even have a visit from an educational raptor.

The following three sessions will be outdoors at nearby locations and may require walking for up to a half mile on and off paved flat terrain.

Sturdy walking shoes are recommended as well as a bug repellent, and a sun hat. You might also bring a folding chair. If you do not have binoculars there will be some available. Start your Bird Life list with us.

Annie Mardiney is a federally and state permitted wild bird rehabilitator, and does live raptor programs with unreleasable owls, falcons, and hawks. She is a life-long birder and a board member of the area John Burroughs Natural History Society, based in the Mid-Hudson Valley. Her wild bird rehab

work and birdy posts are on Facebook at Wild Mountain Birds.

Jacqueline Dooley is a freelance writer located in Eddyville, N.Y. She's an avid birder who covers birding and outdoor topics for Scenic Hudson's publication, The HV Viewfinder. Her essays about grief, nature, birds, and parenting have appeared in the Washington Post, Longreads, Modern Loss, Al Jazeera, and Medium.

ADVANCED MAH-JONGG STRATEGIES

Barbara Wyman and Ann Hanover

Woodland Pond

11:00-12:15

CLASS LIMIT: 12

If you have been playing Mah-Jongg for a few years and would like to "up" your game, this course is for you. We will be teaching strategies that will enhance your understanding and playing of Mah-Jongg. We will be analyzing the new hands and familiarizing the class with the nuances of the card. This class is not for beginners who want to learn how to play Mahjongg.

A requirement of the course will be to purchase and play with the new 2023 card. (\$14-\$15)

Barbara Wyman and **Ann Hanover** have been playing Mah-Jongg for over 20 years. They have taught LLI classes in previous years. Their love for the game is reflected in their playing Mah-Jongg 2-3 times a week and in attending several Mah-jongg tournaments.

**FILM APPRECIATION
'MUSICAL BIOGRAPHIES'
Robert Brunet**

**Woodland Pond
1:00-3:00**

During this 4-week course, four filmed musical biographies will be shown. Details about each will be presented and information leaflets distributed. The biography of each musical artist will be reviewed, and after the film the discrepancies between Hollywood's version and real-life will be discussed.

The artists will be JOHN DENVER, SCOTT JOPLIN, GLEN MILLER and LORETTA LYNN.

Robert Brunet has taught Film Appreciation for sixteen years at the Older Adult Learning Community (TOALC), located in East Stroudsburg, PA. and still does. He has also presented to LLI SUNY New Paltz. He tries to make viewing films a personal experience.

Lifetime Learning Institute

MISSION STATEMENT

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

(Adopted 3/7/2008)

**WINE WINE WINE
WHAT YOU MAY WANT TO KNOW ABOUT
WINE, BUT WERE AFRAID TO ASK
Manny Sloan**

**Woodland Pond
3:00-4:15**

CLASS LIMIT: 25 (Minimum 10)

MATERIALS FEE: \$30-\$35/person for wine
To be paid to the presenter in the first class

In this 4-week course your questions about wine will be answered. You will learn how to taste wine in order to get the most out of the experience, as well as educate your palate. We will taste and compare wines from different grapes and regions. You only learn what you may like by tasting. Your feedback helps to expand the scope of this course.

Participation required.

SUGGESTED ITEMS:

Two wine glasses

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. Manny has led several courses at LLI on the different nuances revealed in wine.

THURSDAY EIGHT-WEEK ONLINE COURSES (TH-8)

March 9, 16, 23,30, April 13, 20, 27, May 4 (no class on April 6)

CURRENT EVENTS DISCUSSION

Robert Arthurs

ONLINE

9:00-10:30

CLASS LIMIT: 15

This course is a discussion group of 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 following while maintaining basic decorum. Participants should come prepared to discuss the issues presented in the provided articles plus other leading newspapers, journals and other media sources. It is essential to have a functioning email address and access to the internet.

Robert Arthurs is a musician, music educator, performer, and recording artist. He was on the faculty of the Music Conservatory of Westchester from 1972 to 2005. From 1990 to 2005 he served as dean of students and faculty at the school and was also the head of the jazz department. In the mid-1980s he returned to college to work toward receiving a degree in Russian language and literature. After receiving his BA from Lehman College (CUNY), he enrolled in SUNY Albany's Russian Department to pursue a Masters degree. His semester at Moscow State University was part of that program. He received his Masters in Russian Language and Literature in 1992. Bob has presented several courses on various topics for LLI.

READING EDITH WHARTON

Meta Plotnik

ONLINE

11:00-12:30

Edith Wharton wrote many novels during the late 19th Century and 20th Century that trace class, social and gender issues. We will read *Summer*, *Age of Innocence*, and several short stories.

Participants are expected to read, share reactions, quotations, and connections with other novels.

Meta Plotnik received her PhD in English from the Graduate School at City University of New York (CUNY). She taught English and Women Studies at Nassau Community College for 33 years. Courses included English literature, mythology, women writers, introduction to Women Studies, and The Goddess in World Religions. At LLI she presented the Goddess course, George Eliot's *Middlemarch*, Thomas Hardy's *Jude The Obscure* and Willa Cather's *My Antonia* & *Death Comes for the Archbishop*.

LIFETIME LEARNING IS ON

FACEBOOK

SEE PICTURES FROM COURSES

"LIKE" OUR PAGE

SHARE WITH FRIENDS

SPREAD THE NEWS ABOUT LLI

Lifetime Learning Institute – New Paltz

LIVING SUSTAINABLY: NATURE'S WAY

Lyla Yastion

ONLINE

1:00-2:30

Recent scientific reports warn that human-induced climate change is accelerating at an alarming rate and that it is just a matter of time before the dire effects are felt by all species, including our own. It is incumbent upon humanity to understand how we participants in Western industrialized culture have disturbed Earth's natural sustainability and how we can remedy the situation by adopting a sustainable life style based in the perception of Earth as a living, nurturing organism worthy of our respect and care. We will trace the history of how human beings, through a cultural worldview of mastery over nature, have arrived at this perilous juncture, examine alternative perspectives – particularly that of indigenous cultures – and explore ways to transform society by cultivating a new mindset in relationship to the natural world.

Lyla Yastion received a doctorate in anthropology from SUNY Albany and has taught courses in anthropology and religious studies at the college level for 19 years. As recently as 2018 she was part of the adjunct faculty at SUNY New Paltz. Lyla has written two books: *Pause Now: Handbook for a Spiritual Revolution* and *Homesick: finding our way back to a healthy planet*. The course *Living Sustainably: Nature's Way* is based on the latter book. Lyla is also a reiki master with training in shamanic healing.

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

WOMEN ARTISTS,

FROM THE MIDDLE AGES UNTIL TODAY

José Moreno-Lacalle

ONLINE

3:00-4:30 (7 weeks)

The course will cover mostly European or American women artists who have been documented and have works that are extant, from the Middle Ages until our own time. Biographical information, when available, shall be included, and images of their works shall be shown.

A good knowledge of Art History is not necessary but is certainly useful. Awareness of the major periods of Art History is important, however, such as Gothic (Medieval), Early Renaissance, High and Late Renaissance, the Baroque, Rococo and Neo-Classicism, 19th-Century Romanticism, Realism, and Impressionism, Post-Impressionism, Cubism, Fauvism, Surrealism, Expressionism, Modernism, and Conceptualism. The presentation will be mostly chronological, but also thematically organized.

Feminist art-historian Linda Nochlin's influential and seminal essay, "*Why are there no great women artists?*" is available online and is highly recommended reading.

José Moreno-Lacalle earned an MA in Art History in 1982 at Hunter College (CUNY) and taught Art History and History for nine years at the Lenox School in NYC. Art was used throughout the regular history courses. He also taught an Art History AP course which all the students passed, leading to several later earning degrees in Art History themselves. He has recently taught the Development of the Human Figure in Western Art and the representation of the Human Form in World Art at both Bard and SUNY New Paltz.

THURSDAY EARLY FOUR-WEEK COURSE (TH-4E)

March 9, 16, 23, 30

MOHONK PRESERVE

Balancing Conservation and Recreation at New York's Largest Non-Profit Nature Preserve

Kevin Case – Coordinator

ONLINE

9:00-10:30

Mohonk Preserve's mission is to protect the Shawangunk Mountains region and inspire people to care for, enjoy and explore their natural world. As New York's largest non-profit nature preserve, the Preserve protects and manages over 8,000 acres of irreplaceable ridgeline, forests and fields, while welcoming 300,000 visitors annually to enjoy hiking, biking, climbing, birding and other outdoor activities. This course will take you through how the Preserve today approaches caring for this precious landscape and provides for world class outdoor recreational opportunities.

The four classes will be taught by members of the Mohonk Preserve Leadership Team

March 9 Kevin Case- President & CEO

Gretchen Reid – Director of

Marketing and Communications

An Introduction to Mohonk Preserve.

The class will cover how the Preserve was created 60 years ago and provide an overview of how the organization is structured today to achieve its mission through conservation science, land protection and management, visitor experience and education for all ages.

March 16 Julia Solomon – Director of

Conservation Programs

Managing 8,000 Acres for Conservation Success in the Face of Climate Change.

Mohonk Preserve's lands have been identified as extremely important for biodiversity in a changing climate. Learn what the Preserve is doing to protect the health of its forests and grasslands in the face of climate threats, as well as what actions it is taking to reduce its organizational carbon footprint.

March 23 Chuck Reid – Director Of

Stewardship

Andrew Bajardi - Director Of

Visitor Experience & Chief Ranger

Balancing World-Class Recreation with Conservation.

With 300,000 annual visitors that come to walk, run or bike on our 30 miles of carriage roads or enjoy some of the best rock climbing in North America, or simply observe nature, balancing the demand for access with ensuring the protection of the unique ecosystem presents many challenges and opportunities. Learn how the Preserve approaches creating a welcoming and safe experience for our visitors while maintaining a complex carriage road and trail system, a portion of which is part of a National Historic Landmark Designation.

March 30 Kathy Ambrosini – Director of

Education

Unveiling the mysteries of the Ridge & exploring it's habitats.

In this final class of the series, we will unveil the mysteries of how the Ridge came to be, shaped and formed to create a template on which life on the rocks would thrive at the Mohonk Preserve. We'll virtually explore a variety of habitats and seek some of the key plants and animals living in varied conditions and environments. We hope to inspire you to visit the Preserve and seek out personal discoveries!

HISTORY OF NEW PALTZ, NEW YORK

Gillian Murphy

ONLINE

11:00-12:30

Learn the history of New Paltz.

March 9 - The first settlers/settlement of New Paltz.

March 16 - The expansion to the east.

March 23 - The growth of New Paltz to the northern edges of the New Paltz patent.

March 30 - The southern areas of the town that were not in the original New Paltz patent.

Gillian Murphy is the Library Director of the Elting Memorial Library in New Paltz. Gillian has been a director for over 20 years.

Previously, she was the director of the Julia L. Butterfield Memorial Library in Cold Spring, NY. Gillian is currently writing a book on that library's benefactor, Julia L. Butterfield who's husband, General Daniel Butterfield, wrote the bugle call Taps.

Gillian is a member of the New Paltz Rotary. She has her BS in Elementary/Middle School Education, Master's of Library Information & Science, and a Post - Graduate Advanced Certificate in Public Library Administration.

**Classes fill early so do not delay
your online registration**

**Limit your choice of classes to a
maximum of 6 classes**

INTRODUCTION TO TAI CHI EASY

Caroline Hopenwasser

ONLINE

3:00-4:30

Tai Chi Easy is a simple form of mind-body, selfcare designed to strengthen the body's own healing forces. Come learn sequences of mindful movements, breathing practices, self-applied massage techniques and styles of meditation that can be easily implemented in everyday life.

Caroline Hopenwasser is a certified Easy Tai Chi practice leader, who trained with Dr. Roger Janke, director of the Institute of Integral Qigong and Tai Chi. She has been a professional educator for 25 years. Caroline enjoys practicing Tai Chi daily with her dog and three cats.

**You MUST have an individual
email address**

**February 22nd is the deadline
for registration**

**For New or Rejoining Members,
mail your check for \$75.00 to LLI.**

**Confirmation letters will be mailed
in early March**

THURSDAY LATE FOUR-WEEK COURSE (TH-4L)

April 13, 20, 27, May 4

SCIENCE POTPOURRI 4

Carole Heyl - Coordinator

ONLINE

1:00-2:30

Science encompasses a wide variety of topics. This series deals with Humankind and the interaction with life. How the environment has been affected, how medical needs are affected by aging, how to improve your health and keep your mind active.

From the beginning of time, we have sought the answer to the age-old questions of:

Who? What? When? Where? Why? How?

Apr 13: Janelle Peotter

The Climate Crisis: What Can You Do?

You know about climate change and you hear every day in the news the devastating effects of climate change but what can you do about it? We are going to focus on the answer to that question. The anecdote to anxiety is action! You will learn what changes you can make in your everyday life to reduce your greenhouse gas emissions, what you can do in your community, and advocacy that you can do on a macro scale. You will learn more about the statewide program called Climate Smart Communities and how you can support that work on the local level.

Apr 20: James Howitt

Your Eyes as You Age

This class will focus on the changes that may occur with your eyes as you age. Topics such as 'What are cataracts and how are they treated'

and the 'Effects of Diabetes on your eyes' will be discussed.

Apr 27: Josephine Quiocho

Reach Your Health Goals! Step by Step

We may know the key to health is eating more fruits and vegetables and staying physically active – but do we know *how* to do this? How do we incorporate health into our daily lives? Learn tips and tricks on reaching your health goals step by step. Discuss challenges and solutions in your dietary habits and learn simple ways to stay active!

May 4: Bill Tuel

Play'n' Around With Geometry

Some interesting topics related to plane geometry will be presented. Some are puzzles, others are deep mathematical results that are easy to explain but were difficult to solve. Some of the material may help you recall your own experience with plane geometry, but some of the material will be brand new to you.

Janelle Peotter has been the volunteer Climate Smart Coordinator for the Town and Village of New Paltz for the past five years. She has always had a keen interest in the environment but worked as a school social worker for 30 years in Wisconsin. Retirement has allowed her time to jump into full time volunteering on issues related to the climate crisis.

James Howitt, MD is an Ophthalmologist with over 20 years in practice.

Josephine Quioco started her nutrition career in the garden! Growing food and being in nature is one of her absolute joys, but she began to realize that food - growing, cooking, and eating – is a struggle for many. Some have become disconnected from how food grows, how to prepare healthy *and* delicious meals, or even how to access good food. The simultaneous rise in chronic illness in the United States led her to pursue a master’s degree in Food Studies from New York University and she began teaching about the connection between food and environment shortly thereafter. Her work with agriculture and nutrition come together where she can provide evidence-based nutrition education to the community.

William Tuel is a retired IBM Software Engineer, with an interest in the history of science. He has presented LLI courses on Mathematics, Biology, Computers, and Electricity.

SONG OF SONGS

Rena Blumenthal

ONLINE
1:00-2:30

Song of Songs can be read in many ways: as beautiful, erotic love poetry; as an allegory for the God-Israel relationship; or as a guide for the spiritual return to the Edenic garden. In this class, we will do a close reading of *Song of Songs*, enjoying its poetic beauty while searching out its spiritual subtext. No prior knowledge assumed.

Rena Blumenthal is a free-lance rabbi based in New Paltz. This is her sixth year teaching for LLI.

SPECIAL COURSE

FROM PAGE TO STAGE – ADAPTATION **Jessica Rothman**

SUNY Campus

First Class – Weds, March 15 3:30-4:45

Other Meetings -TBD

Performance – Thurs evening, March 23

We will be exploring a classic script from the theatrical canon, **EVERYMAN**, including a SUNY New Paltz performance of a contemporary adaptation, **EVERYBODY**.

Sessions will include discussion of the original play, meetings with members of the production team, and writing our own adapted scripts, to be read aloud for us by members of the cast of **EVERYBODY**.

Students will be provided with a link to the script of **EVERYMAN**, to be read before the first class session, if possible.

Tickets for the performance on Thursday evening, March 23, will be \$5.00 each, to be collected during the first class session.

Jessica D. Rothman has been a theatre educator and director of both Shakespeare and Musical Theatre for five decades and has created curriculum guides for Broadway shows. She is a past NYS Director of the International Thespian Society and a member of SAG/AFTRA.

**Use your LLI membership
card for a discount at
SUNY Fine and Performing
Arts events**

SPRING 2023 LLI CLASS SCHEDULE

Session	Course	Presenter	LOC	Limit	9:30	11:00	12:30	2:00	3:30	9:00	11:00	1:00	3:00
W-8	8 Wednesdays (Mar 8, 15, 22, 29, Apr 12, 19, 26, May 3)												
W1	Language, Thought, and the Brain	Eric Chambers	SU		X								
W2	Fundamental Rights	Ktis McDaniel-Miccio	SU	25		X							
W3	Between the Wars - Arts and Culture 1930's	Chuck Mishaan	SU					X					
W-4E	4 Wednesdays Early (Mar 8, 15, 22, 29)												
W4	Dialogues in Art	Zachary Bowman	SU	20				X					
W-4L	4 Wednesdays Late (Apr 12, 19, 26, May 3)												
W5	Creative Journaling	Richard Parisio	SU		X								
W6	Awaken the Healer Within	Helen Coyle Bergstein	SU			X							
W7	Be a Healthier You	Marilyn Reitman	SU			X							
W8	Cuisines of Southeast Asia	Harvey Monder	SJ	15			X						
W9	The History of Horror and SCI/FI Films	Robert Esposito	SU				X						
W10	Why is Biodynamic Agriculture So Important	Nancy B MacNamara	SU				X						
F-8	8 Fridays (Mar 10, 17, 24, 31, Apr 14, 21, 28, 22, May 5)												
F1	Australian Aboriginal Dot Painting	Ellie Anderson	RE	10						X			
F2	The Fairy Tale Experience	Patty Kane Horrigan	SJ								X		
F3	Tidy Tidbits and Fun Factoids	Bob Ulrich	RE								X		
F4	Introduction to Tap Dance	Anita-Jean McMonigle	RE									X	
F5	Unconscious Bias	Jo Sanders	WP									X	
F6	Advanced Beginner/Intermediate Spanish	Claudia Battaglia	SJ	15									X
F7	Magical Marvelous Memoir Writing	Susan Slotnick	SJ	16									X
F-4E	4 Fridays Early (Mar 10, 17, 24, 31)												
F8	Art Making Wellness Workshop	Jane Bishow Semevid	SJ							X			
F9	New Three R's - Rupture, Repair & Respect	Fred Mayo	RE								X		
F-4L	4 Fridays Late (Apr 14, 21, 28, May 7)												
F10	Introduction to Wild Birds and Birding	Annie Mardiney	SJ*	15						X			
F11	Advanced Mah-Jongg Strategies	Barbara Wyman	WP	12							X		
F12	Film Appreciation - 'Musical Biographies'	Robert Brunet	WP									X	
F13	Wine Wine Wine	Manny Sloan	WP	25									X
TH-8	8 Thursdays (Mar 9, 16, 23, 30, Apr 13, 20, 27, May 4)												
TH1	Current Events Discussion	Robert Arthurs	ZM							X			
TH2	Reading Edith Wharton	Meta Plotnik	ZM								X		
TH3	Living Sustainably: Nature's Way	Lyla Yastion	ZM									X	
TH4	Women Artists, The Middle Ages To Today	Jose' Moreno-Lacalle	ZM										X
TH-4E	4 Thursdays Early (Mar 9, 16, 23, 30)												
TH5	Mohonk Preserve	Various	ZM							X			
TH6	History of New Paltz, New York	Gillian Murphy	ZM								X		
TH7	Introduction to Tai Chi Easy	Caroline Hopenwasser	ZM										X
TH-4L	4 Thursdays Late (Apr 13, 20, 27, May 4)												
TH8	Science Potpourri 4	Various	ZM									X	
TH9	Song of Songs	Rena Blumenthal	ZM									X	
	SPECIAL COURSE - Various Dates												
SP1	From Page to Stage	Jessica Rothman	SU						3/15				
KEY	RE- Redeemer Lutheran SJ - St Joseph's SU - SUNY WP- Woodland Pond ZM-Zoom												
	*1st class only is at SJ, all other meetings will be outdoors												

Registration will be online at newpaltz.edu/lifetime

YOUR REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED

PLEASE MAKE YOUR CHECK PAYABLE TO **CAS/LLI**, (INCLUDE MEMBER NAME) AND SEND TO:

REGISTRAR LIFETIME LEARNING INSTITUTE PO BOX 275 NEW PALTZ, NY 12561