FALL 2021 ONLINE 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 AUGUST 19
CLASSES FILL EARLY

Learning for the Love of it
Fellow Members of LLI at SUNY New Paltz

What a year and a half we have experienced at LLI - and how we have grown as a result!

With the support of our Council and our immediate past President, Mary Hilley, we learned what we may be - a vibrant, tech-savvy, social and educational organization, offering so much to our membership. We will continue to do so, as you can see from the offerings in this, our Fall 2021 Catalog.

Once again, we offer 21 diverse and fascinating courses, all on Zoom.

We are hoping to return to in-person classes for the Spring - watch your email, as we will be asking for your input.

Help us further learn what we may be - **volunteerism is the strength of LLI**. Take classes, host a class, present a class, join a committee! Let us know how you can help by emailing us at lifetime@hawkmail.newpaltz.edu

Jessica Rothman
President LLI SUNY New Paltz 2021-2022

Kudos to our members who volunteer to ensure success!  
Volunteers are the lifeblood of this organization – without you we would not exist.

Welcome to the Lifetime Learning Institute’s Fall 2021 Catalog. For this session **ALL CLASSES WILL BE USING ZOOM**. Connection links and information will be sent by email before each class.

Once again classes will open on the hour and allow 15 minutes for participants to get signed on and chat with other members of the class. The Classroom host (CA) will call the class to order at 15 minutes past the hour. The class will run for the usual 75 minutes. There is 30 minutes between consecutive classes.

Registration is completed electronically using the link at [www.newpaltz.edu/lifetime](http://www.newpaltz.edu/lifetime). Please register by Aug 19th. You MUST have an individual email address. All classes are first come, first served.

**YOUR REGISTRATION IS NOT COMPLETE UNTIL PAYMENT OF $120.00 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
FALL 2021 COURSES AT A GLANCE

WEDNESDAY EIGHT-WEEK COURSES
Languages of the World ................................................................. 4
The Roaring 20’s ................................................................. 4
Current Events Discussion ........................................... 5
Meet Your Ancestors! ....................................................... 5

WEDNESDAY EARLY FOUR-WEEK COURSES
Jewish Greats of Rock and Roll, Part II .............................................. 6
War Reporting – An Insider’s View .............................................. 6
Estate Planning & Elder Law: From A to Z ...................................... 7
Correctional Services – Are We Changing Hearts & Minds .............. 8
Having Fun Playing The Ukulele ....................................................... 8

WEDNESDAY LATE FOUR-WEEK COURSES
The Living Newspaper – An Interactive Exploration of Social Issues ........... 9
The Overstory – The Novel .............................................................. 10
Understanding Totalitarianism ....................................................... 10
History Of American Furniture To 1840 ........................................ 11
Zentangle – Mindful Drawing Method ................................................ 12

FRIDAY EIGHT-WEEK COURSES
Building Community ................................................................. 13
Activate Your Activism: How To Be An Activist For The Causes You Believe In ...... 13

FRIDAY EARLY FOUR-WEEK COURSES
Introduction to Tai Chi Easy .......................................................... 14
Spotlights On History In The Hudson Valley ....................................... 14

FRIDAY LATE FOUR-WEEK COURSES
Suddenly Single: Managing Your Financial Life After Loss Of A Spouse or Divorce .. 15
Science Potpourri ............................................................................. 16

SPECIAL COURSES
Book Discussion - Special Interest Group ............................................. 17
LANGUAGES OF THE WORLD

WEDNESDAY Sept 22, 29, Oct 6, 13, 20, 27

Nov 3, 10

9:00 - 10:30

PRESENTER: Eric Chambers

How many languages, exactly, are there in the world? What does it mean when languages are ‘related’, and how can we tell? How did language start, anyway? This class is going to talk about how language may have started in humans, and how language developed into the amazing varieties we see today, including how we can tell how languages are related to each other (or not), and how languages use the finite tools of communication to create an infinite variety of languages.

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.

THE ROARING 20’s

WEDNESDAY Sept 22, 29, Oct 6, 13, 20, 27

Nov 3, 10

11:00-12:30

PRESENTER: Chuck Mishaan

In 1920 the Treaty of Versailles officially ended World War I, and Prohibition went into effect. The Great Influenza pandemic subsided, Warren G. Harding was elected President and women voted for the first time. It was the beginning of what became the Roaring 20s, an exciting (and foreboding) decade in politics and the arts: jazz, literature, Bauhaus, Broadway, movies, Picasso, Weimar, Hemingway, Gershwin and so much more. And 100 years later, are we on the threshold of another ‘Roaring’ decade?

Chuck Mishaan has been presenting his popular Opera as Politics course at SUNY New Paltz LLI for many years. His commentary on the intersection of politics and the arts continues with this course on The Roaring 20s.
CURRENT EVENTS DISCUSSION
WEDNESDAY Sept 22, 29, Oct 6, 13, 20, 27
Nov 3, 10
1:00 –2:30
PRESENTER: Bill Goldman
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 introduce the topics and manage the discussion to maximize participation and the coverage of the issues. Participants should come prepared to discuss the issues presented in the articles.

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.

MEET YOUR ANCESTORS!
WEDNESDAY Sept 22, 29, Oct 6, 13, 20, 27
Nov 3, 10
1:00 –2:30
PRESENTER: Marny Janson
CLASS LIMIT: 20
Curious about your family’s history? Want to verify a dubious family legend? We will be following the clues your families left behind in the records as we discover the stories of their lives. Learn how to get started, the best resources to begin with, research strategies to take you back generations, and great ways to organize your search. We will apply genealogical standards to ensure your research is accurate, and have fun along the way. Using free online resources, you will hone the skills you need to bring your ancestors to life! The focus will be on US records, but the strategies can be used to “jump the pond” to your ancestral homelands.

You will need a computer or tablet; a cell phone might be difficult for accessing records.

Marny Janson was bitten by the genealogy bug years ago while tracing her own family back in time. She is a member of the Association of Professional Genealogists and works with clients using both historical records and DNA. She is on the Board of the New Paltz Historical Society and the Ulster County Genealogical Society, and loves teaching genealogy research skills to others.
JEWISH GREATS OF ROCK and ROLL
PART II

WEDNESDAY  Sept 22, 29, Oct 6, 13
11:00 – 12:30

PRESENTER: Richard Sullivan

This course is a continuation of Part I where we looked at the history of Jewish artists, producers, writers of Rock and Roll and their contributions to the genre. Not only will there be discussions, but YouTube will provide the participants with a visual of those greats.

Richard Sullivan has taught a variety of musical genre courses for LLI for a number of years. Music, especially Rock and Roll (of various sub-genres) and Soul are his passions. In addition, for more than 15 years, he has been an online DJ at DooWopCafe and as a teenager, he was a member of a DooWop Acapella group.

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

WAR REPORTING – AN INSIDER’S VIEW

WEDNESDAY  Sept 22, 29, Oct 6, 13
11:00 – 12:30

PRESENTER: Lorna Tychostup

Working and living in various international war zones and hotspots – Iraq, Syria, and more recently Tajikistan, Yemen, Ukraine, and Tunisia – Lorna Tychostup will share with students a behind-the-scenes glimpse into the political, social, and cultural aspects of select countries. After providing a general introduction for each country focused on, Tychostup will then share personal vignettes of her experiences and answer all questions.

Lorna Tychostup has worked in Iraq since February 2003 – first as Senior Editor (Chronogram Magazine), then adding media/public relations to the mix, and finally working for a variety of USAID-funded projects in Iraq and other international hotspots. She has successfully transmitted highly complex developments and untold stories of individuals, government, and non-government organizations to national and international, government and non-government audiences.

Living in unprotected hotels and apartments, security compounds, consistently working closely with various
organizations and key social/political figures in both outreach and consultant capacities, her experience has been unique – earning her unprecedented access and perspective.

Lorna earned her BA in Cultural Studies with a major in Creative Writing from SUNY Empire State College and her MS in International Relations at New York University’s Center for Global Affairs.

Estate Planning and Elder Law is one of the most important and misunderstood aspects of life. While death is a certainty of life which surely requires planning, living into your elder years becomes pivotal in preserving assets and living the life you want as you age. These classes will walk you through all aspects of estate planning, trusts, long term care planning and what happens after a loved one passes.

David A Kubikian is a principal of the Herzog Law Firm and specializes in Estate Planning, Medicaid Planning/Elder Law, Estate Administration, Matrimonial Law and Estate Litigation.

David prides himself on providing a superior client experience. A teacher at heart, he takes the time to make sure clients are educated about their options while providing a no pressure atmosphere that allows the space and time to make important decisions.

David holds a Bachelor’s Degree in Finance from Hofstra University, a JD with a concentration in Trusts & Estates and Tax Law from Brooklyn Law School and a Masters of Law in Taxation from the New York Law School.

David is very involved in the community and teachers continuing education classes on matrimonial law, estate planning, administration and litigation in the Saratoga Springs and Shenendehowa School Districts. He is a contributing editor to the Saratoga County Bar Association’s Law Notes “Trusts & Estates/Elder Law Update”. He was selected as a SuperLawyer’s 2016 New York Rising Star.
CORRECTIONAL SERVICES

ARE WE CHANGING HEARTS & MINDS?

WEDNESDAY Sept 22, 29, Oct 6, 13
3:00 – 4:30

PRESENTER: Jaik Schubert

An overview of the goals, scope, and mission statement of the New York State Department of Corrections and Community Supervision. How are the lives of inmates, and those whose job it is in and outside the prison, can be affected during the period of incarceration, and afterwards.

With a love of adult education and a teacher’s license under his belt, Jaik Schubert set out to change the world. Twelve years in the maximum security classroom and seventeen years in the reentry domain, there was much he witnessed in the evolution of incarcerated and formerly incarcerated persons. He feels there is much to share with society of this evolution and its relationship to public safety.

HAVING FUN PLAYING THE UKULELE

WEDNESDAY Sept 22, 29, Oct 6, 13
3:00 – 4:30

PRESENTERS: Judy Reichler
Sherrill Silver

CLASS LIMIT: 15

The ukulele is all the rage right now, and for good reason! It’s fun to play and easy to learn the few chords needed for hundreds of songs. In an easy-going setting, we will sing songs you already know and get you ready to continue on your own or play with others.

Repeat Class.

Required Materials:

Bring your own uke. If you don’t already have a uke, borrow one from a friend, get a decent one online for about $50 or check out a local music store.

Judy Reichler and Sherrill Silver are NOT accomplished musicians. If they can play the ukulele, you can too. Judy has taught many LLI courses and Sherrill has a background of helping people achieve their goals.
THE LIVING NEWSPAPER
AN INTERACTIVE EXPLORATION
OF SOCIAL ISSUES

WEDNESDAY  Oct 20, 27, Nov 3, 10
9:00 – 10:30
PRESENTER: Judy Swallow
CLASS LIMIT: 10

Sociodrama, first introduced by JL Moreno in 1921 as The Living Newspaper, allows participants to explore current events by taking on roles (suggested by the group) around a chosen social issue.

In sociodrama, people take on roles in order to understand the situation more fully from the inside out. They can reverse roles to get another viewpoint. They can deepen their persona to get at feelings and motivations. A sociodrama ends with people sharing how they experienced their role(s) and what they learned about that issue.

Suggested Reading:
Sociodrama: Who’s In Your Shoes by Patricia Sternberg and Antonina Garcia, Praeger, 1989 CDC

Judy Swallow has been interested in action ways of learning for over 40 years. She is a co-director of The Hudson Valley Psychodrama Institute, offering professional training and personal-growth psychodrama groups to the public.

She has been involved in Playback Theatre since 1975 and is currently in Community Playback Theatre, which has been performing in the Hudson Valley for over 30 years.

Judy enjoys running groups and teaching various forms of active communication, including psychodrama, sociodrama, and playback theatre to both professionals and people who want to explore new ways of understanding and sharing their experiences.

ON THE COVER

Hair-Pin Turn Shawangunk Ridge

Courtesy of Brian Fulda, Photographer
THE OVERSTORY – THE NOVEL

WEDNESDAY  Oct 20, 27, Nov 3, 10
9:00 – 10:30
PRESENTER: Boyd Herforth

Richard Power’s wonderful novel about people and trees is a powerful commentary on the modern world begs to be read, savored and discussed.

The novel is about nine Americans whose unique life experience with trees bring them together to address the destruction of forests. This will be the aim of this course.

Class participants will read The Overstory following a suggested schedule. Discussions in class will be motivated by the people, events and issues in the reading. No lecturing is planned.

A familiar presenter to LLI participants, Boyd Herforth has taught courses in music, math, astronomy, and types of intelligence. This, for him, will be a first in the field of modern literature.

UNDERSTANDING TOTALITARIANISM

WEDNESDAY  Oct 20, 27, Nov 3, 10
11:00 - 12:30
PRESENTER: Lewis Brownstein

We live in an age of totalitarian temptations. Beginning with the formation of the Soviet Union, followed by the rise of fascism, and then the emergence of Islamic fundamentalist states, it can be argued that the history of the 20th and 21st centuries has largely been about the impact of these regimes and struggle on the part of some to resist them.

This course will focus on the philosophical origins of these movements, the attraction they hold for so many, and sad experience mankind has had as a result of them.

One central question that will be addressed, is why totalitarian systems emerged in the 20th century in the first place. And, what are the prospects for such systems in the future.

Lewis Brownstein has been a frequent presenter for the Lifetime Learning Institute. He taught International Relations at SUNY, New Paltz for almost fifty years, including courses on a variety of topics including totalitarianism.
American furniture of the pre-industrial era has long been an interest of curators, collectors, and historians offering a window into the technological, cultural and socio-economic contexts of its time. But it is hardly the sole province of the historian and connoisseur. Learning about furniture design, materials, craftsmanship, and the architectural setting for which this most human of art forms was created, attunes the eyes and senses, and rewards our curiosity about the past.

The course will focus on the main periods and styles of American furniture to 1840:

**The Early Colonial Period**: 17th-Century and William and Mary Styles

**The Late Colonial Period**: Queen Anne and Chippendale Styles

**The Federal Period**: Neoclassical Styles

**The Jacksonian or Early Modern Period**: Classical and other early Revival Styles

Suggested Reading:

Peter Kenny had a thirty-year career at the Metropolitan Museum of Art as curator of American Decorative Arts and administrator of the American Wing. Recently retired co-president of Classical American Homes Preservation Trust. He is a forty-year resident of New Paltz,
ZENTANGLE

MINDFUL DRAWING METHOD

WEDNESDAY  Oct 20, 27, Nov 3, 10
3:00 – 4:30
PRESENTER: Priscilla DeConti, CZT®
CLASS LIMIT: 10

Zentangle® is a method/practice of using lines and patterns in a repetitive mindful manner to make beautiful images. By focusing on the single strokes one at a time, it can improve mindfulness, reduce stress, add to confidence and NO previous art experience necessary.

Each week a different area will be explored:
Week 1 - Introduction to Tangling
Week 2 - Beyond Basics: Strings & Borders
Week 3 - Shading
Week 4 - Adding Extra Touches

Required Materials:
Each student will purchase a kit, consisting of a pen, a pencil, several Zentangle® tiles and a tortillon (blender stomp) which will be used in each of the sessions. No other materials are needed. The cost of the kit is $10.00 (plus shipping)

Suggested Reading:
To learn more about Zentangle, you can visit Zentangle.com prior to class, but not required.

Priscilla DeConti is a Certified Zentangle Teacher who began her tangling journey in 2016 while involved in a The Artist Way group. She became certified in 2017 and has taught many times since then. She loves her Zentangle practice which has led her to explore other art forms such as collage, watercolor and hand lettering.

Do you have a skill, hobby, or interest you would like to share?

Contact the Curriculum Committee for further information at: 845-257-2892
BUILDING COMMUNITY

**FRIDAY**  Sept 24, Oct 1, 8, 15, 22, 29

**Nov 5, 12**

9:00 – 10:30

**PRESENTER:** Fred Mayo

During the Pandemic, we learned how valuable community can be for everyone. We need other people to grow and maintain our own mental health. Communities are important since they give us opportunities to connect with others, remind us that there is something greater than our own experiences, and provide meaning, safety, and security.

This topic has also grown in popularity recently (Community Choice Aggregation, Community Foundations of the Hudson Valley and Community, an American sitcom, on Netflix).

This course will examine types of communities, their importance, and ways to create and grow communities of neighbors, friends, and families.

**Fred Mayo,** Professor of Hospitality and Tourism Management, NYU – Retired, has presented LLI courses for many years. The most recent ones included Isolation (Fall, 2020) and Rituals and Routines (Spring 2021).

ACTIVATE YOUR ACTIVISM:
HOW TO BE AN ACTIVIST FOR THE CAUSES YOU BELIEVE IN

**FRIDAY**  Sept 24, Oct 1, 8, 15, 22, 29,

**Nov 5, 12**

11:00 – 12:30

**PRESENTER:** Janelle Peotter

This course will be taught collaboratively with both the participants and other guest activists. Inspiring stories will be shared of successful activism and supportive resources will be offered but most importantly there will be the opportunity to learn from each other and feel empowered to take action.

Participants will learn that they don’t need to know everything about an issue to speak up for what is important and needs to change.

A true activist is always striving to learn and understand more as the world continues to change. In the words of Martin Luther King Jr. “You may never know what results come of your actions, but if you do nothing, there will be no results.”
Professionally, Janelle Peotter was a school social worker for 30 years. Now in retirement, she is volunteering as the Climate Smart Coordinator in New Paltz and serves on numerous boards. Her activist roles have taken many forms as a community organizer, educator, lobbyist, board member, and even as a musician!

INTRODUCTION TO TAI CHI EASY
FRIDAY  Sept 24, Oct 1, 8, 15
9:00 – 10:30
PRESENTER: Caroline Hopenwasser

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.

SPOTLIGHTS ON HISTORY IN THE HUDSON VALLEY
FRIDAY  Sept 24, Oct 1, 8, 15
1:00 – 2:30
COORDINATOR: Marilou Abramshe

History is not always the Big Events, but often made up of small events and ordinary people doing ordinary things. Spotlight on History will highlight some of the small events and ordinary people in the Hudson Valley history.

Sept 24: Marilou Abramshe
Murder in New Paltz: The story of Robert W. Batting through primary documents

Oct 1: Sarah Wassberg Johnson
Lost Lighthouses of the Hudson River

Oct 8: Geoffrey Miller
Music and Musicians of 19th Century Kingston

Oct 15: Richard Heyl de Ortiz
Urban Renewal: The Federal Program That Failed Ulster County and the Hudson Valley
Marilou Abramshe is a retired educator whose interest in local history has led her to research various lost industries of Ulster County. She is a researcher and writer for the Wallkill Valley Land Trust Historic Homes Tours and volunteers at the Haviland-Heidgerd Historical Collection in the Elting Memorial Library in New Paltz.

Sarah Wassberg Johnson is the Director of Exhibits and Outreach at the Hudson River Maritime Museum in Kingston and is the editor of Lighthouses of the Hudson Valley, the museum’s soon-to-be-published book.

Geoffrey Miller is the current Ulster County Historian. He is a founder of the Reher Center for Immigrant Culture and History in Kingston and a member of the Friends of Historic Kingston, Hudson River Maritime Museum and Arts Society of Kingston.

Richard Heyl de Ortiz developed a particular interest in poverty and systemic bias while serving as a Public Scholar with the New York Council of the Humanities (now called Humanities New York). He is a former Director of Programming and Marketing for Historic Huguenot Street and former President of the Board of Trustees of the Elting Memorial Library.

Suddenly Single: Managing Your Financial Life After Loss of a Spouse or Divorce

Friday Oct 22, 29, Nov 5, 12
11:00 – 12:30

Presenter: Irene Berner, CFP

This financial workshop is for the suddenly single due to divorce, separation, or death of a spouse. Suddenly Single is an interactive course that will walk you through a step-by-step process of managing your finances.

Beginning with an overall assessment of your current financial health, activities will include generating a net worth statement, creating a realistic budget, analyzing your insurance needs, and a discussion on Social Security benefits. The focus will be on setting financial goals in order to create a long-term financial plan for your life.

Irene Berner is the founder of Berner Financial Services LLC. She is a Certified Financial Planner and a Certified Divorce Financial Analyst. Irene holds securities and insurance licenses in numerous states. She has been in the financial industry since 1986, with the last 24 years being affiliated with an independent broker/dealer.
Science encompasses a wide variety of topics. This series deals with the Past, the Present and the Future. From the beginnings of Mankind and the taming of fire to Modern Man and techniques of dealing with a global pandemic. From the Ice Age in the Hudson Valley to Exploring the Universe. From the beginning of time, man has sought the answer to the age-old question of: 

Oct 22: Jeremy Heyl  
*Snow and the Seven Thousand White Dwarfs.* How measuring which stars are where can tell how stars collide, die and glow -- and what our future holds.

Oct 29: Francesco Berna  
*Who is Prometheus?* How and when humans started controlling fire. The biology, diet, habitat and behavior of our species are deeply entangled with the use of fire to the point that our survival is, essentially, dependent upon fire control.

Nov 5: Bill Tuel  
*The Hudson Valley During the Ice Age.* An armchair tour of the region at the end of the last Ice Age. This presentation is an adaption from “The Hudson Valley in the Ice Age” by Robert and Johanna Titus.

Nov 12: Jennifer Anolik  
*Going Rogue: The Autoimmunity and COVID Connection.* Autoimmune diseases, which occur when the immune system mistakenly attacks itself, are a common group of diseases affecting more than 24 million Americans.

Jeremy Heyl, PhD is a theoretical and observational astrophysicist and a Professor at the University of British Columbia’s Department of Physics and Astronomy in Vancouver, Canada. His recent research has focused on compact objects: white dwarfs, neutron stars, and black holes.

Francesco Berna, PhD is an Associate Professor in the Department of Archeology at Simon Fraser University (Burnaby, BC, Canada) where he teaches introductory and advance courses in Archaeology. His current research focuses on the origin of modern behavior and the onset of the controlled use of fire in Africa, Europe and the Middle East.

Bill Tuel is a retired IBMer who has presented many Science-based courses for LLI at SUNY New Paltz as well as other LLI groups in the local area.

Jennifer Anolik, MD, PhD is a Professor of Medicine in the Division of Allergy, Immunology, and Rheumatology at the University of Rochester. She is a board-certified rheumatologist with a special research interest in lupus and other systemic autoimmune diseases and a nationally known expert on the role of B cells in human autoimmune disease. She also directs a translational and basic science immunology research laboratory.
BOOK DISCUSSION
SPECIAL INTEREST GROUP

*Thursday Sep 23, Oct 14, 28*

*11:00 – 12:30*

PRESENTER: Judy Reichler

We will read, and discuss, three books about women who have an intense, bordering on sensual, interest in nature.

**Sep 23 THE SIGNATURE OF ALL THINGS, by Elizabeth Gilbert** (fictional account of the life and loves of a woman who studies mosses).

**Oct 14 PRODIGAL SUMMER, by Barbara Kingsolver** (fictional account of three Appalachian characters caught up in the study and love of their environment).

**Oct 28 WRITING WILD: WOMEN POETS, RAMBLERS, AND MAVERICKS WHO SHAPE HOW WE SEE THE NATURAL WORLD, by Kathryn Aalto** (selected chapters)

Judy Reichler has presented many Book Discussion Groups for LLI New Paltz. She likes to read and discuss books that raise interesting personal or societal issues. Judy will facilitate the discussion so that everyone can have the benefit of hearing different perspectives, without judgment.

- Classes fill early so do not delay your online registration
- Limit your choice of classes to a maximum of 6 classes
- You MUST have an individual email address
- August 19th is the suggested deadline for registration
- Mail your $120.00 check to LLI
- Confirmation letters will be mailed in early September
## Fall 2021 LLI Class Schedule

<table>
<thead>
<tr>
<th>SESSION</th>
<th>COURSE</th>
<th>PRESENTER</th>
<th>LIMIT</th>
<th>9-10:30</th>
<th>11-12:30</th>
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<tbody>
<tr>
<td>W-8</td>
<td>8 Wednesdays (Sept 22,29, Oct 6,13,20,27, Nov 3,10)</td>
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<td>W2</td>
<td>The Roaring 20's</td>
<td>Chuck Mishaan</td>
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<td>Current Events Discussion</td>
<td>Bill Goldman</td>
<td>LIMIT 15</td>
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<td>W4</td>
<td>Meet Your Ancestors</td>
<td>Marny Janson</td>
<td>LIMIT 20</td>
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<td>Jewish Greats of Rock and Roll</td>
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<td>W6</td>
<td>War Reporting</td>
<td>Lorna Tychoostup</td>
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<td>W7</td>
<td>Estate Planning &amp; Elder Law</td>
<td>David A Kubikian</td>
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<td>W8</td>
<td>Correctional Services</td>
<td>Jaik Schubert</td>
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<td>W9</td>
<td>Fun Playing The Ukulele</td>
<td>Reicher &amp; Silver</td>
<td>LIMIT 15</td>
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<td>The Living Newspaper</td>
<td>Judy Swallow</td>
<td>LIMIT 10</td>
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Please register by Aug 19th. Registration closes Sept 1st.

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