SPRING 2022 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 19
CLASSES FILL EARLY
Dear LLI Friends,

As I near the end of my second term as your President, I can’t help but reflect on all that we have learned together, be it through our classes or through our coping with and surviving (and thriving through!) another challenging year.

LLI has remained true to its purpose - and we continue to move forward with educating our membership. I am certain that you will find our Spring offerings to your liking - diverse, intriguing, and fulfilling - and, with great hope, optimism, and good luck, some of these wonderful courses will be presented in person!

Help keep us strong and vital - become a volunteer. We are open to your thoughts and suggestions, and will welcome you to join our various committees and leadership team.

Here’s to a healthy and fruitful Spring 2022!

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 Spring 2022 Catalog

FOR THIS SESSION SOME CLASSES WILL BE USING ZOOM AND SOME ARE IN-PERSON

Connection links and information will be sent by email before each class. Zoom classes will open on the hour and allow 15 minutes for participants to get signed on and chat with other members. The Classroom Host (CA) will call the class to order 15 minutes past the hour. The class will run for the usual 75 minutes. In person classes will start on the hour and run for 75 minutes.

Registration is completed electronically using form: https://forms.gle/Yv8bm3o37VgXCTgJ9
To view the Lifetime Learning Institute’s website go to: www.newpaltz.edu/lifetime.

You MUST have an individual email address. All classes are first come, first served.

IF YOU ARE A CURRENT MEMBER THERE IS NO ADDITIONAL CHARGE.
IF YOU ARE A NEW MEMBER, THE FEE IS $75.00.
IF YOU ARE A RETURNING MEMBER, THE FEE IS $120.00.
MEMBERSHIP IS THROUGH JUNE 30, 2022.

FOR NEW & FORMER MEMBERS 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
SPRING 2022 SESSION INFORMATION

ALL WEDNESDAY AND THURSDAY CLASSES WILL BE ON-LINE
There are 8 Wednesday classes and 2 Thursday classes

FRIDAY CLASSES ARE IN-PERSON OR ON-LINE
There are 7 in-person classes and 2 on-line classes
Friday in-person classes will be held at:
SJ - The St Joseph’s Parish Center
34 South Chestnut St (Route 208), New Paltz, NY
WP - Woodland Pond of New Paltz
100 Woodland Pond Circle, New Paltz, NY
(off North Putt Corners Road)
Park in visitor spaces or on curbside of perimeter road
DM – Samuel Dorsky Museum at SUNY, New Paltz
The Samuel Dorsky Museum of Art | SUNY New Paltz

ON-SITE REQUIREMENTS

COVID-19 GUIDANCE FOR IN-PERSON CLASSES
LLI is following state, local and CDC guidance during the COVID-19 pandemic and requires masks and proof of vaccination

Proof of full vaccination may include a CDC Vaccination Card or a valid NYS COVID-19 Vaccination Excelsior Pass Plus Card

For the Dorsky Museum please reference
The Samuel Dorsky Museum of Art | SUNY New Paltz
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This course is going to explore the history of the English language, and how it developed (historically and linguistically) from a language spoken by a small tribe of Europeans to a language of international spread and significance. Topics we’ll cover include how modern English has changed from older forms, why there are so many different varieties of English out there in the world, and how English orthography has developed into the illogical system it has today.

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.

This course explores works by female, LGBTQ and black composers and artists. We will focus on 400 years of opera outside of the traditional repertoire, from Francesca Caccini in 1625 to Terence Blanchard in 2021. Analysis will include political and historical context as well as video excerpts and commentary.

Chuck Mishaan has been presenting his popular Opera as Politics series at SUNY New Paltz LLI for many years. His commentary on the intersection of politics and the arts continues with this course.

Always walk through life as if you have something new to learn and you will — Vernon Howard
THE HUMAN FIGURE IN WORLD ART

**WEDNESDAY Mar 16, 23, 30, Apr 6**

**Apr 20, 27, May 4, 11**

**1:00 - 2:30 ONLINE**

**PRESENTER:** José Moreno-Lacalle

This course will trace the representation of the human figure in art from around the world, beginning with the Pleistocene period and continuing to the present day. It will show imagery from European art as well as that of Pre-Columbian America, Africa, the Near and Middle East, South Asia, Australasia, China, and Japan.

For students with a serious interest in reading about art, *Gardner’s Art Through the Ages* is recommended. It is a survey of all of Art History and not only about the human figure. This is optional and not required.

José Moreno-Lacalle earned an MA in Art History in 1982 at Hunter College (CUNY) and taught Art History for nine years at the Lenox School in NYC. He also taught an Art History AP course which all the students passed, with several going on to earn degrees in Art History themselves. He has recently taught the Development of Human Figure in Western Art at both Bard and SUNY New Paltz.

A FEMINIST EXAMINATION OF THE BIBLE

**WEDNESDAY Mar 16, 23, 30, Apr 6**

**Apr 20, 27, May 4, 11**

**3:00 - 4:30 ONLINE**

**PRESENTER:** Deborah Moore

This course examines the Bible seeking evidence to support the full personhood of women. The Bible documents the relationship between the Divine and the people. But how do women fit into that story? Did the Divine order the subjugation of women or did the Divine actively work to undermine this subjugation? This is not an opportunity to evangelize students to subscribe to a particular religion or to adopt a particular set of dogma.

All religious and secular views will be welcomed and respected. For the purpose of this course, “The Bible” refers to both the Hebrew Bible and the Christian Bible, formerly known as the Old & New Testaments. Both people who have read the Bible and those who have not are welcome. For those new to the Bible this will be an interesting introduction. For those who are experienced Bible readers, it will be a surprise.

The course has grown out of Deborah Moore’s experience teaching college level
theology to men in New York State prisons for 18 years for the Rising Hope program. She also taught courses in Ethics and the New Testament. Deborah is a certified Lay Servant of the United Methodist Church, which means that she leads worship services and preaches when pastors are on vacation. In addition, she has led numerous Bible study groups both inside and outside the prison system. She earned a Master’s degree from Teachers College, Columbia University.

**Suggested Reading:** *The Healer Within* by Dr. Roger Jahnke

**Materials:** (Optional) Specific essential oils blends will be used to enhance the practice.

**Helen Coyle Bergstein** is a Qigong teacher certified by the IIQTC trained with founder Dr. Roger Jahnke. Helen teaches *30 Minutes to a Calmer & Happier You* program (virtual) and also leads small groups on Qigong hikes in the Shawangunks and strolls in the Nyquist-Harcourt Wildlife Sanctuary in New Paltz. Helen is Brand Partner of Young Living Essential Oils.

**AWAKEN THE HEALER WITHIN**

**WEDNESDAY Mar 16, 23, 30, Apr 6**

11:00 - 12:30 ONLINE

**PRESENTER:** Helen Coyle Bergstein

Did you know that the best and most profound medicine is already in us and extraordinary wellness can be obtained when we relax fully? In this four-week series you will learn and apply simple movements (standing or sitting) and paced breathing practices to restore energy and balance, enhance lung vitality, boost immunity, reduce stress/anxiety, improve focus and sleep. Pure, high vibrational essential oils blends will be introduced as well as a daily ritual protocol (with affirmations) to start each and every day.

**THE HISTORY & STYLES OF JAZZ**

**WEDNESDAY Mar 16, 23, 30, Apr 6**

3:00 - 4:30 ONLINE

**PRESENTER:** Robert Mishaan

This course will explore the roots of Jazz and how its different styles have evolved over time. It will include video clips of music and anecdotes relating to notable personalities. We will discuss how society impacted Jazz and how Jazz has impacted society. The aim of the course is to be both informative and entertaining.

While having no formal credentials, **Robert Mishaan** has been an avid Jazz aficionado and frequent concert goer for years.
This class will engage in an historically contextualized, close reading of the Book of Job, one of the most poetic and misunderstood books in the Hebrew Bible. No prior knowledge assumed.

Rena Blumenthal is a freelance rabbi based in New Paltz.

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

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.

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.

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.
MAGICAL MARVELOUS
MEMOIR WRITING
FRIDAY Mar 18, 25, Apr 1, 8
Apr 22, 29, May 6, 13
3:00 - 4:15 ST JOSEPH'S
CLASS LIMIT: 20
PRESENTER: Susan Slotnick
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.

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.

Since 1988 to the present, she has been a featured columnist for the New York State newspaper Hudson Valley One. Her choreography, as well as her painting and her writing dealt with serious themes, geared to inspire audiences and students toward social justice activism.

DECISIONS, DECISIONS, DECISIONS
PAST, PRESENT, AND FUTURE
FRIDAY Mar 18, 25, Apr 1, 8
9:00 - 10:15 ST JOSEPH'S
CLASS LIMIT: 20
PRESENTER: Puja A. J. Thomson
We are constantly making decisions; some we are proud of and some we regret. Even if they seem simple, it is not always easy to be true to oneself. We will practice good detective skills to investigate:
1) who and what we pay attention to and who and what we ignore when we make decisions
2) how old habits can sabotage our intentions

DECISIONS, DECISIONS, DECISIONS
3) learn ways to tune into our inner signals and use our energy to make authentic choices as our life circumstances change. It is never too late to “walk in our own shoes”.

From growing up in Scotland where right and wrong were clearly delineated and yet where independence was valued, Puja Thomson has experienced the tension of making authentic choices throughout her life – and learned important lessons. Her recent book, Track Your Truth: Discover Your Authentic Self, is a helpful practical guide. She has taught many LLI classes.

You will be sent some readings to broaden your understanding of the topic and enhance the discussions.

Fred Mayo, Professor of Hospitality and Tourism Management, NYU – Retired, has been teaching LLI courses for years, the most recent ones were Isolation (Fall 2020) and Rituals and Routines (Spring 2021) and Building Community (Fall 2021).

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**FRIENDSHIP**

**FRIDAY Mar 18, 25, Apr 1, 8**

**11:00 – 12:15**  
**ST JOSEPH’S**

**CLASS LIMIT: 20**

**PRESENTER: Fred Mayo**

Friendships are important to all of us and increasingly so during the pandemic period we are living through. However, some of us have not thought about the meaning and value of friendship, the range of types of friendship, and levels of friendship. In this course, we will discuss what friendship is all about and how we have chosen, consciously or not, to invest in friendships. This course will not be a lecture format; it will be a discussion of the topic and a chance to share your experiences.

Fred Mayo, Professor of Hospitality and Tourism Management, NYU – Retired, has been teaching LLI courses for years, the most recent ones were Isolation (Fall 2020) and Rituals and Routines (Spring 2021) and Building Community (Fall 2021).

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**INTRODUCTION TO TAI CHI EASY**

**FRIDAY Mar 18, 25, Apr 1, 8**

**3:00 – 4:30**  
**ONLINE**

**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.
There are more than 400 species of birds found in New York State. On a good spring day a dedicated birder might find 60 species. We will seek the common species in the area at nearby locations. One classroom session will cover binocular guides and resources.

The three field trips to nearby birding locations include walking up to a half mile on flat terrain and may start earlier than regular class time.

Paul Osgood is a native of Massachusetts and a longtime resident of Gardiner. His main birding interest is with the birds of Ulster County. He watches and listens whenever he is outside.

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.

A requirement of the course will be to purchase and play with the new 2022 card.

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.

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.
SCIENCE POTPOURRI 2
FRIDAY Apr 22, 29, May 6, 13
1:00 – 2:30 ONLINE
COORDINATOR: Carole Heyl
Science encompasses a wide variety of topics. This series deals with the Past, the Present and the Future; from the beginnings of Humankind and explorations of the world, to Modern Humans and the use of Supercomputers. We will learn about the use of DNA in understanding human migration as well as its use in solving mysteries. Lastly, we will learn about issues affecting human health in the present day. From the beginning of time, we have sought the answer to the age-old questions of:

Apr 22: Marny Janson
DNA in the Headlines English nobility, a murdered Russian Czar, Neanderthals, Thomas Jefferson, and modern day criminals: How DNA answers questions about all of them.

Apr 29: Francesco Berna
Coming Into America The history of human migration to the new world. How and when did mankind migrate to North, Central and South America.

May 6: Bill Tuel
History of Supercomputers How do we solve complex problems? With a computer, of course. Computers allow us to predict the weather, find resources underground, understand the universe, and explore how drugs and other chemicals interact. The technology of an organization is often measured by the speed of its computers – the fastest are called supercomputers.

May 13: Stefi Morrison
What is Functional Medicine How does this new breed of physicians and health care providers differ from standard western medicine? What are the theories behind this approach to treating illnesses- theories such as leaky gut, the microbiome, and harmful belly fat?

Marny Janson was bitten by the genealogy bug years ago while tracing her own family back in time, and is fascinated by how DNA can add to that story. As a member of the Association of Professional Genealogists, she 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 DNA and research skills to others.

Francesco Berna, PhD is a geo-archaeologist at Simon Fraser University Department of Archaeology in Burnaby, British Columbia. He specializes in the study of archaeological materials, features and deposits to reconstruct human activities and site formation processes.

William Tuel, PhD retired from IBM after 40+ years. During the last fifteen years he was a software development team lead for IBM’s supercomputers in Poughkeepsie and contributed to their marketing and support. He has an interest in the history of science and has presented many science-based courses for LLI at SUNY New Paltz as well as other LLI groups in the Hudson Valley.

Stefi Morrison, RPA-C is a registered physician assistant who was in practice for over 30 years. She has maintained her interest in health care and its evolution.
“LEARNING ABOUT MY FAVORITE SUBJECT”

WINE

FRIDAY Apr 22, 29, May 6, 13
3:00 – 4:15  WOODLAND POND
CLASS LIMIT: 25
PRESENTER: Manny Sloan

We will address questions about wine. Can you smell or taste oak? Does vertical tasting have to be done standing up? Do you know anything about Hudson Valley wines? We will taste and compare wines at each class to broaden your horizons.

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.

Suggested Materials:
Two wine glasses

Material Cost:
$27-$32/person for wine to be paid to the presenter.

DIALOGUES IN ART

FRIDAY Apr 22, 29, May 6, 13
3:00 – 4:15  DORSKY MUSEUM
AT SUNY NEW PALTZ
CLASS LIMIT: 15
PRESENTER: Zachery Bowman

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.
BOOK DISCUSSION

SPECIAL INTEREST GROUP

Thursday Mar 17, Apr 7, May 5
11:00 – 12:30  ONLINE

PRESENTER: Judy Reichler

There has been a recent flurry of activity about choosing books for the classroom, and who has the right to decide. We will discuss two books that at one time or another were banned or censored as inappropriate (because of such things as sexually explicit content, violence, unpopular ideas, or outmoded beliefs). We’ll follow that with a book that may challenge our ideas of what should be available to read.

Mar 17  LOLITA by Vladimir Nabokov
A middle-age literature professor is obsessed with a 12 year old girl, with whom he becomes sexually involved after he becomes her stepfather

Apr 7  BELOVED by Toni Morrison
Murder, guilt, ghosts, and the brutal, complex physical and psychological legacy of slavery.

May 5  ARGUING WITH SOCIALISTS by Glenn Beck
Debunks so-called socialist arguments in favor of the free market.

Judy Reichler likes to read and discuss books that raise interesting personal or social issues. Judy will facilitate the discussion so that everyone can have the benefit of hearing different perspectives, without judgment.

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

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
What has prompted human beings through the ages to assign sacred qualities to certain natural landscapes, buildings, and even the concept of a ‘soul’?

We will explore the idea of sacred space by considering examples of sacred land, sacred architecture and the sacred space in the heart – the place of the soul’s journey to enlightenment.

These three sacred spaces often weave together, as strands in a web. For example, Jerusalem is considered ‘Holy Land’ where mosques, churches and temples are sacred sites of pilgrimage and worship for devotees of Islam, Christianity and Judaism.

Lyla Yastion received a Ph.D. in anthropology at University at Albany and taught courses in both anthropology and religious studies at the college level for 18 years.

Since retirement she has been teaching at various Lifetime Learning Institutes including SUNY New Paltz. Lyla has written two books, both published by Hamilton Books: Pause Now: Handbook for a Spiritual Revolution and Homesick: Finding Our Way Back to a Healthy Planet. She is a reiki master with training in shamanic healing.

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

Feb 19th is the suggested deadline for registration

If you are a returning or new member mail your check to LLI:
New member $75
Returning member $120

Confirmation letters will be sent in early March
### SPRING 2022 LLI CLASS SCHEDULE

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<td>Puja Thomson</td>
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<td>12</td>
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<td>F6</td>
<td>Advanced Mah-Jong Strategies</td>
<td>Barbara Wyman</td>
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<tr>
<td>F7</td>
<td>Science Potpourri 2</td>
<td>Various</td>
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<td>F8</td>
<td>Learning About My Favorite Subject - WINE</td>
<td>Manny Sloan</td>
<td>WP</td>
<td>25</td>
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<tr>
<td>F9</td>
<td>Dialogues in Art</td>
<td>Zachary Bowman</td>
<td>DM</td>
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<td><strong>SPECIAL COURSES</strong></td>
<td>3 Thursdays Th1 (Mar 17, Apr 7, May 5)</td>
<td>4 Thursdays Th2 (Apr 21, 28, May 5, 12)</td>
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<tr>
<td>Th1</td>
<td>Book Discussion - Special Interest Group</td>
<td>Judy Reichler</td>
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<td>Th2</td>
<td>Sacred Spaces</td>
<td>Lyla Yastion</td>
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<td>KEY</td>
<td>SJ – St Joseph’s  WP – Woodland Pond  DM – Dorsky Museum</td>
<td>Online - via Zoom</td>
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*1st class only is at SJ, all other meetings will be outdoors

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**Registration is completed electronically using the form:** [https://forms.gle/Yv8bm3o37VgXCTgJ9](https://forms.gle/Yv8bm3o37VgXCTgJ9)

Please register by Feb 19th. You MUST have an individual email address.

Registration closes March 1st. All classes are first come, first served.

YOUR REGISTRATION IS NOT COMPLETE UNTIL PAYMENT OF $75.00 FOR NEW MEMBERS OR PAYMENT OF $120.00 FOR RETURNING MEMBERS 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

THERE IS NO ADDITIONAL CHARGE FOR CURRENT MEMBERS