



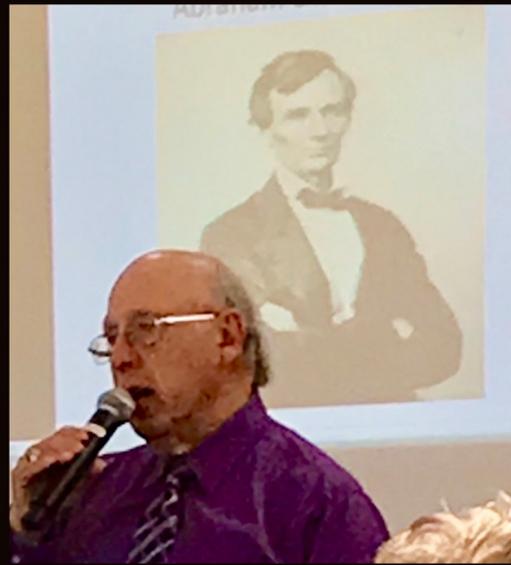
LIFE  
TIME  
LEARNING  
INSTITUTE  
S U N Y  
NEW PALTZ

Register by  
**Feb. 19**  
Classes fill  
early.

*Learning for the Fun of it*

# Spring 2019 Courses

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



**QUESTIONS? CALL 845.257.2892**

## **Welcome Lifetime Learners,**

As I write this letter, we at LLI are in the midst of our phonathon. I have been calling those on my part of our membership list, soliciting feedback, both positive and negative and trawling for ideas about interests of yours that so far have not been showing up in our offerings. You have shared some wonderful suggestions, and I have promised to bring your ideas to our curriculum committee. I'll share some of your unmet interests in a moment, but did want to emphasize that you do not have to be an expert to be qualified to teach. I remember one very wise student I had, who when offered the opportunity to teach a topic to his classmates, responded, "I really don't understand resonance, I better volunteer to teach it."

For several years, I have been aware of an interest in persuading someone to teach an introductory course in astronomy or cosmology. After attempting unsuccessfully to convince any of my contacts to teach an LLI astronomy course, I decided to undertake the project myself. Mind you, I have little beyond an interest in the subject, never having taken a single academic unit in these disciplines. Gathering together a wealth of DVD's recording lectures given by celebrities in the field, it is my intention to engage these authorities to introduce this subject to you in the course.

Interesting ideas for future courses mentioned by the members I talked with by phone are: financial planning for widows, animal (pet) human communication, outdoor and nature classes. There were even several who lamented the lack of opportunities for something to get them out of the house during the dead of winter. How 'bout low-stress cross-country skiing for seniors?

Please share your ideas with members of the administrative council.

Boyd Herforth  
President of LLI SUNY New Paltz 2018-2019

## MEMBERSHIP AND FEES

You must be a member to register for classes. Spring Special for brand-new members is only \$75 for one semester membership. Annual membership is \$120 per person. The 2018–2019 membership year runs from July 1 through June 30. Membership fee is non-refundable.

## REGISTRATION

This catalog presents classes covering the coming Spring semester. Courses are open to current 2018–2019 LLI members. Non-members may join and register for courses by returning the enclosed form. For courses with size limits, members may be limited to enrolling in one or two such classes.

**REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF LOTTERY (L) CLASSES** (See below). Registration confirmation letters will be mailed early February. Wednesday classes begin March 13. Friday classes begin March 15.

**FEBRUARY 19 IS THE SUGGESTED DEADLINE FOR REGISTRATION.**

### Lifetime Learning Institute **MISSION STATEMENT**

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

**(Adopted 3/7/2008)**

Register by  
**February 19.**  
Classes fill quickly.

### **THE LOTTERY SYSTEM**

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

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

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

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

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## WEDNESDAY 8-WEEK COURSES (W-8)

Mar. 13, 20, 27, Apr. 3, 10, 24, May 1, and 8



### INTRO TO ASTRONOMY AND COSMOLOGY

Boyd Herforth

SUNY Campus 9:30-10:45

Have you ever yearned to be more informed about the really big cosmic questions? How do we fit in, not only as a species, but also as solar beings, made out of "star-stuff". This course will touch on the most recent developments in astronomy and cosmology. Topics include cosmic history (the first fraction of a second after the big bang to the present - 13.5 billion years later), universal expansion, black holes, dark matter, microwave background and dark energy. Stunning images from the Hubble telescope will kick-start discussion of these topics.

Boyd Herforth retired from a career in teaching secondary math and physics. He has had a life-long interest in the developments in astronomy and cosmology (No advanced mathematics is required).



### CURRENT EVENTS DISCUSSION

Bill Goldman

SUNY Campus, 12:30-1:45

Class Limit 15

The 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.

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.



### LANGUAGE AND SOCIETY

Eric Chambers

SUNY Campus, 11:00-12:15

Do you often wonder how many languages there are in the world and how they might be related? Have you ever been told that you speak "incorrectly" or "wrong", and what it means to speak "correctly?" Speakers of a language often use different ways of speaking that reflect attitudes about race, class, gender, etc.,

and often without realizing it! This class will take a look at the wonderful world of language and how people use language to talk about their race, class, gender, and attitudes toward life. We will talk about research in linguistics that addresses these topics and try to make sense of why we speak the way we do. **This is a repeat class.**

Eric Chambers is a member of the Linguistics faculty of SUNY New Paltz.



### **OPERA AS POLITICS III**

Chuck Mishaan

SUNY Campus, 2:00-3:15

Opera has been a major art form in Western society for over 400 years, with much to say about politics. Part III of this course continues to look at

governmental, sexual, economic and religious politics as expressed in opera. We will do a close examination of the political themes of important 19th and 20th century operas. Operatic video performances will be presented in class as these themes are developed. Familiarity with the operatic repertoire is not assumed, no technical musical knowledge is required, and the previous course, Opera as Politics II, is not a prerequisite.

Chuck Mishaan has been an opera aficionado since the days of the old Metropolitan Opera House. He has lectured on music and opera at many area LLIs, including Bard, Vassar and Marist CLS as well as at the Bardavon Theater, the Rhinebeck Chamber Music Society and Rhinebeck's Starr Library. He was an adjunct professor for many years at NYU, lecturing on technology and healthcare and still consults in this field.

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

**March 13, 20, 27, April 3**



### **A BEGINNER'S GUIDE TO JEWISH CUSTOMS, PRACTICES AND LANGUAGE PART 2**

Alan Rothman

SUNY Campus, 11:00-12:15

This course continues to explore Jewish Customs and Practices from Part 1. It will include a discussion of Shabbat and holiday religious services, synagogue layout, ritual objects, sacred texts and the centrality of Jerusalem and Israel. We will explore the

many life cycle events from birth to death including naming, brit milah, bar/bat mitzvah, marriage, burial and mourning.

Alan Rothman has over 40 years experience as a public and religious school educator. He has lectured on many Jewish topics including history and customs and practices.

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

**— Anonymous**



**LEGENDARY SOUL PART 2**

Richard Sullivan

SUNY Campus, 11:00-12:15

In this continuation from the Four Legends of Soul Part 1, the class will study the individual lives of four early soul artists and four soul groups who contributed to the sound of soul music, what their individual and separate styles of music were and how their music influenced future generations of soul singers.

Richard Sullivan has presented several courses over the years at LLI on various genres of R&B and Rock.



**MAKING IT MEDIEVAL IN MODERN CATALONIA**

Michael Vargas

SUNY Campus, 11:00- 12:15

This is a course about the past, real and imagined. It is how the past gets used to change the present and future. Examples will be drawn from Barcelona and Catalonia. When Catalans say "Catalonia is not Spain," they draw inspiration from their medieval past. We will look at how Catalans connect their collective identity to that medieval past through politics and propaganda, art and media, and all variety of symbolic and identity-shaping activities. Not to worry - this will be serious, but also lots of fun.

LLI members remember me from earlier courses on the Crusades and Medieval Spain. His new book, *Constructing Catalan Identity: Memory, Imagination and the Medieval*, the basis for this course, was begun during a year on a Fullbright Senior Scholar sabbatical.



**THE "FOUND" TRIBES OF ISRAEL - DISPERSED JEWISH COMMUNITIES REDISCOVERED**

Alan Rothman

SUNY Campus, 9:30-10:45

More incredible than fiction and fantasy: current myths, theories, and truths about contemporary and former Jewish communities which have a past (and present) outside the mainstream of modern Judaism. After a brief summary of Jewish history and customs we will explore evidence of a number of communities including the Karaites, Pashtuns, Crypto-Jews of New Mexico and Iberia (to name a few), as well as famous individuals such as Abraham Lincoln, Alexander Hamilton, and Jean Lafitte who are among many with a possible Jewish past. Who knows! Perhaps you will find a Jewish link in your ancestry.

Alan Rothman has over 40 years experience as a public and religious school educator. He has lectured on many Jewish topics including history and customs and practices.

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

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

April 10, 24, May 1, 8 (No class on April 17)



### SIXTIES YOGA

Rena Bonne

Woodland Pond (WP), 2:00-3:15

Welcome to 60's Yoga for those who lived/loved the 60's and for those "forever youngsters" who are in their sixties (or fifties or seventies). This is a beginner level yoga class that is unique in its connections between yoga postures (asana) and music from the 60's. We will flow slowly and easily from one posture to the next all the while listening to music from the era that created the original "peace movement". Participants need to bring a yoga mat and should wear loose comfortable clothing that allows free movement.

A long time student of yoga, Rene Bonne' became a certified yoga instructor three years ago at the Kripalu Center in Lenox, Massachusetts. She has conducted yoga workshops at SUNY New Paltz and ran a yoga club at the high school where she taught English. She is also a child of the sixties.

**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.**



### THE WORLD BETWEEN THE WARS 1918-1939

Joe Britto

SUNY Campus, 9:30-10:45

These discussions will highlight the global atmosphere that existed following "The Great War" and the subtle and dramatic occurrences building up to World War II. We will discuss the events which led the world to WWII, or as some experts believe, Part II of essentially the same conflict. We will cover not only political and military events, but social and cultural ones as well.

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



### THEATER AND WORLD HISTORY: PLAYS BASED ON ACTUAL EVENTS

Robert Miller and Tom Mounkhal  
SUNY Campus, 12:30-1:45

This class will examine plays based on historical events and asking the following questions: Why did the

playwright choose to dramatize this event? How did the playwright shape the event into dramatic form? How does the historical event relate to events at the time the play was written? What cultural, artistic, and historical trends influenced the original event and are these trends still in evidence today? The class will feature select readings from each of the scripts.

Tom Mounkhall is a world historian who has trained world history teach-

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

**FRIDAY 8-WEEK COURSES (F-8)**  
March 15, 22, 29, April 5, 12, 26, May 3, 10 ( No class on April 19)



**A CONCISE HISTORY OF JAZZ**

Robert Arthurs

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

A Discussion of the History of Jazz from 1910 to 1970. Major figures will be listened to and discussed. The course will examine the music of Louis Armstrong, Charlie Christian, Lester Young, Billie Holiday, Charlie Parker and Miles Davis among others. The final class will be a live Jazz Performance with questions and answers.

Robert Arthurs has had over 50 years experience as a Jazz trumpet player, teacher, band leader, vocalist and recording artist. He was on the faculty of the Music Conservatory of Westchester In White Plains, NY for over three decades. From 1990 to 2005 he served as the school's Dean of Students and Faculty and Chair of the Conservatory's Jazz Department.



**INTRODUCTION TO TAP**

Anita Jean McMonigle

Woodland Pond, 12:45-2:00

If you always thought that it would be fun to tap dance, here is your chance to learn the basics. Tap is a great way to keep in shape and discover your inner Fred Astaire. Tap shoes are not necessary, just wear hard sole shoes. Come ready to try something new. We will cover elementary patterns and steps with a little tap history thrown in for good measure.

Anita Jean McMonigle has owned and operated her dance studios in the Hudson Valley since 1966. A choreographer for many local theater groups and the TNT Tappers (a senior citizen performing tap group), she also serves as a National Vice President of a National Dance Organization.

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

March 15, 22, 29, April 5



### BEADING 101

Helen Tennenbaum

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

Materials fee: \$20

Class limit 10 **LOTTERY**

Beading 101 is a beginner class. Two beading stitches will be taught. Each stitch will be used to create a specific piece of Jewelry. Repeaters welcome. Fee covers all required materials.

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



### BIRDING FOR LAZY BIRDERS

Paul Osgood

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

Class limit 15

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. The first classroom session will cover binoculars, guides and resources, then three field trips to nearby birding locations. Field trips include walking up to a half mile on flat terrain.

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



### COMMON CORE MATH: MYTHS AND MOTIVATIONS

Heather Gould

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

"I'm no good at math!" Mathematicians hear this nearly every time they tell someone what they do. But if so few people can say they are no good at math, why do so many insist on their children and grandchildren bring taught the same way they were? In this course, we will look at the Common Core State Standards for Mathematics in terms of its development, common misconceptions, and what's new about it. Along the way, we will learn how seemingly new procedures help students think more like mathematicians. You don't have to be a math whiz to join us!

Dr. Heather Gould is the director of Quantitative Reasoning Center and a mathematics professor at Vassar College. "Dr. Heat" focuses on mathematical modeling, teacher education, and answering the questions, "When am I gonna use this stuff?"



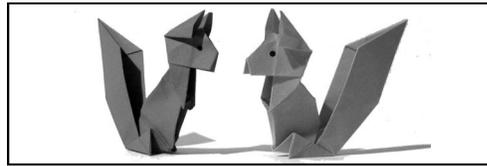
### **CREATE YOUR OWN PILGRIMAGE**

Puja A. J. Thomson

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

A pilgrimage, traditional or modern, is an inner journey of personal and possibly spiritual significance within an outer journey. For example, you might go, alone or with others, to a holy site, to a place you have dreamed of, in search of your ancestors, or for healing. It could be distant or nearby, like a local labyrinth. Discover where YOUR pilgrimage beckons and explore the four phases of a pilgrimage: 1] the preparation, 2] the journey, 3] the arrival and 4] the return to integrate, and perhaps share, its gifts.

Puja A. J. Thomson, of ROOTS & WINGS, has embarked on pilgrimages since her youth in Scotland. A long time LLI presenter, through participatory workshops & writing, she offers tools to support authenticity and wellbeing.



### **FOLD EVERYTHING!**

#### **ALL ABOUT ORIGAMI**

Kathryn Paulsen

St. Joseph's, 2:30-3:45

Materials fee \$7.00

Discover the pleasure of creating something beautiful from a folded piece of paper - all new models for Spring '19: a fox, a butterfly, an action toy, a modular box, a flower, and more. Learn the basic skills and language of origami, how to follow instructions in books, and how to make items that can be used as cards, gifts and decorations. With origami there is always something new to fold.

After this course you will be able to teach others about "The Peace of Paper." No experience necessary.

A lifelong maker of creative works, Ms. Paulsen was an art teacher in Dutchess County for 38 years, where "Folding Friday" delighted her students. In 2010 she was awarded New York State Art Teachers Association Middle School Teacher of the Year.



**Cover picture: "Blossoms" by Jenkins Leukens**



**LET THE MUSIC FILL YOUR SOUL AND DANCE**

Ellen Berlin  
New Paltz Community Center  
10:50-12:05

Movement is a natural part of who we are. Moving to music is fun and an easy form of exercise. Fear of "looking ridiculous or being ridiculed and laughed at" has kept many a person a wallflower. Experiencing the joy of just letting go when the music fills your soul is the goal of this class. Learn that it's not the steps to the music but the music which creates the steps

A retired teacher/educator, Ellen Berlin fell in love with dance almost at birth...so her mother told her. If there is music, she is moving in whichever way the music suggests.

Hear the stories of Rosendale's people: Native Americans, Dutch and other European settlers, African Americans, immigrants, religious leaders and social reformers, wealthy entrepreneurs and working-class folks. Many are forgotten, but a few have had an influence far beyond Rosendale.

Marilou Abramshe has been involved in researching various aspects of local history for over 30 years. She has led several classes in recent years for LLI on New Paltz and Ulster County history. Linda Tantillo worked for several years in the Haviland-Heidgerd Historical Collection at Elting Library, as a docent on Huguenot Street, and has for the past 16 years worked to build the Local History Collection at Rosendale Library. Bill Merchant has been the President of the D&H Historical Society, acting executive director, and is currently on staff as the curator and historian.



**ROSENDALE - A HISTORY**

Marilou Abramshe, Linda Tantillo, Bill Merchant  
Woodland Pond, 2:30-3:45

The history of Rosendale has a surprising parallel to the history of our whole country. It is the intertwined story of geology, geography, and human endeavor, tragedy and resilience. Did you know that the Rosendale Cement industry and the D&H Canal that ran through the town were crucial to the rise of New York City as the major city it is today?

**Please register early.**

**There is no actual deadline but February 19 is the suggested return date.**

**Classes fill quickly!**

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

Apr 12, 26, May 3, 10 (No class Apr 19)



### BEADING 102

Helen Tennenbaum and Linda Worden

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

Materials fee: \$20

Class limit 20

Beading 102 is a continuation of Beading 101. Beading 101 is a prerequisite for this class, although you could have taken it at any time. We will complete two jewelry projects. The fee will cover all materials necessary for completion.

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



### CHAIR YOGA

Susan Jacque

New Paltz Community Center

10:50-12:05

This class is especially for people who may want to get back in shape and those who are recovering from illness or injury. You will experience gentle injury-free, flexibility and balance, with emphasis on flexibility and balance. You will use breath to connect you to the life force within and around you. We will work toward developing strength in postures and

movements with emphasis on alignment and detail. Class will end with a relaxation and meditation so you leave feeling refreshed and renewed in body, mind and spirit

Susan Jacque has been practicing yoga for over 30 years and teaching since 2001. Her trainings include interdisciplinary Yoga, Embody Yoga, Yoga for cancer and heart patients and Irest. She is a continual student.



### CREATIVE EMBROIDERY

Judy Reichler

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

Class limit 12

Materials Fee \$10.00

Embroidery is not just for tea towels (although there is nothing wrong with that!). Learn to use embroidery stitches to embellish apparel and accessories or to create fabric art pieces. Students will leave with a colorful sampler of the stitches learned and some ideas for using embroidery in a creative way.

Judy Reichler has had a lifelong love affair with fibers. She is a member of the American Embroidery Guild and for several years was a member of the Auspicious Stitches group at the Rubin Museum in NYC. She has also taught knitting and other fiber arts at Knit with Judy in New Paltz.

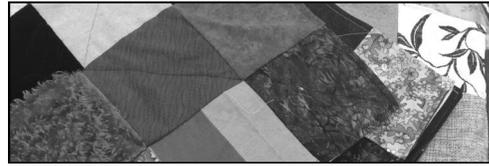


### ISLAMIC CULTURAL INFLUENCE IN COLONIAL MEXICO

Sue and Tom Mounkhall  
Woodland Pond, 2:30-3:45

This course will focus on Islamic cultural influence in colonial Mexico. All of these influences were brought to Mexico by the Spanish in the 16th century but they have their origin in the 700 year Islamic period in Spanish history dating from the early 8th century c.e. to the end of the 15th century c.e. Class sessions will concentrate on clothing, gardens, food, ceramics, sacred and domestic architecture and technology.

Sue Mounkhall is a retired educator, world traveler and "unofficial" world historian. Tom Mounkhall is a retired educator and world historian, who has taught many classes at LLI in the past.



### SENSORY QUILT

Dolly Wodin  
Studio: 8 Locust Lane New Paltz  
10:50-12:05  
Materials Fee \$29-\$35 per person depending on class size.  
Class limit 6 **LOTTERY**

Learn how to make a "Sensory Quilt", a small lap size quilt about 36"x36". It is said to be soothing to people to feel different textures, so the quilt is made up of a variety of fabrics. Materials will be supplied .

Dolly Wodin has been quilting since the early 1970's and really enjoys it. She hopes you will, too.

**Consider volunteering for LLI.  
It's fun!  
Call 845.257.2892**





**SEASON TICKET:**  
***The Servant of Two Masters***

Presenter: Jessica Rothman  
September 12, September 26, October 3, October 24  
SUNY Campus

Experience live theatre from behind the scenes through performance. Explore production elements of a main stage production at SUNY New Paltz. Guided by a veteran theatre educator, meet with production teams and actors, explore themes and issues, observe the rehearsal process and attend a performance with talk back with the cast afterwards. This will be followed by a post performance discussion on another day.

Dates and times: Wed. 3/13 Guided tour of the theatre [ 3:30 - 4:45]. Wed. 3/20 Orientation [3:30-4:45]. Wed 3/27 Rehearsal 1 Parker Theatre [6:30-8:30] . Wed 4/3 Rehearsal 2 Parker Theatre [6:30-8:30] . Thurs 4/25 Performance and Talkback Parker Theatre [7:30- 10:30]. Wed 5/1 post performance discussion [3:30-4:45]. \$10 student discount ticket to attend the play.

Jessica Rothman has been a theatre educator and director of both Shakespeare and Musical Theatre for four 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.



## Spring 2019 Member:

- Become a member today
- Have fun learning what you love
- Explore new paths of knowledge
- Share your interests with others
- Spend time with old and new friends
- Membership offers student discount for SUNY fine arts events

[www.newpaltz.edu/lifetime](http://www.newpaltz.edu/lifetime)  
[lifetime@newpaltz.edu](mailto:lifetime@newpaltz.edu)



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Courses  
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