



LIFETIME
LEARNING
INSTITUTE

S U N Y
NEW PALTZ

Learning for the fun of it



FALL 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

REGISTER BY
SEPT 1st
CLASSES
FILL EARLY

Dear LLI Members,

This year, 2023, marks a return to ‘normalcy’ for the Lifetime Learning Institute at SUNY, New Paltz. After a three-year absence we returned to offering our classes on the SUNY Campus. Fortunately, during the time we did not have classroom space we were still able to offer classes at the Theatre and Museum.

This Fall, we have 33 courses to stimulate your mind, body and soul along with choices in Music, Art and Games. There is something for everyone. We have expanded our schedule to five days per week with Wednesday on the SUNY Campus, Monday, Tuesday and Friday at various community locations and Thursday remains a Zoom day. We hope these changes will reduce course scheduling conflicts and provide more choices to our members.

In addition, there is no longer a limit to the number of classes you wish to take. However, you cannot register for classes that are scheduled at the same time.

LLI is a volunteer organization. Help us grow. 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

***Sincerely,
Your LLI Council
LLI-SUNY New Paltz***

MEMBERSHIP AND FEES

You must be a member to register for classes. Annual membership is \$120 per person. The 2023-2024 membership year runs from July 1 through June 30. If you choose a per semester membership (Fall or Spring), the fee is \$75.00 per person per semester which also includes the Winter session. Membership fee is non-refundable.

REGISTRATION

This catalog represents classes covering the coming Fall 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 September. Classes begin the week September 18th.

SEPTEMBER 1st 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/cuV4KZDphwb3BAuT9>**

**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**

FALL 2023 LLI COURSES

There are 33 classes being offered this Fall. In-person classes will meet at several locations on Monday, Tuesday, Wednesday or Friday and online classes via Zoom will meet on Thursday. Unless otherwise indicated all in-person classes are 75 minutes long and Zoom classes are 90 minutes long.

MN - Minnewaska State Park Preserve	SU - SUNY New Paltz Campus
RE - Redeemer Lutheran Church	WP - Woodland Pond
SJ - St. Joseph's Church	ZM - Online via Zoom

Minnewaska State Park Preserve	5283 Rt 44/55, Kerhonkson, NY
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 Presenters. In order to promote a dynamic learning environment and encourage a sense of community that is comfortable and accommodating, members are expected to behave in a manner that is respectful and courteous and does not distract from or disrupt the teaching and learning experience. Admission and participation in classes are within the sole discretion of LLI which reserves the right to revoke admission, limit or revoke class participation, or revoke membership at any time if the Council officers reasonably determine a participant's condition, behavior or actions are inappropriate or disruptive.

FALL 2023 COURSES AT A GLANCE

TUESDAY EIGHT-WEEK COURSES

T1 Be a Healthier You!	4
T2 The Wonderful World of Mah-Jongg	4
T3 Introduction to Swing Dancing	4

TUESDAY EARLY FOUR-WEEK COURSES

T4 Life Stories in Action	5
--	---

WEDNESDAY EIGHT-WEEK COURSES

W1 Around the World in 8 Languages	5
W2 Creative AI Tools and Techniques	6
W3 The Revolutionary War – By Battles (Part 1)	6
W4 4,5,6: Three Amendments Between Individual Freedom and a Police State	6
W5 Land Development and Lyme Disease: A Sociological Perspective	7
W6 Opera as Politics.....	7
W7 Not Just “Fiddler” - Jewish Contribution To Broadway.....	8

WEDNESDAY EARLY FOUR-WEEK COURSES

W8 Keep It Secret – Cryptography Then and Now.....	8
W9 The “Found” Tribes of Israel.....	9
W10 The Blues.....	9

WEDNESDAY LATE FOUR-WEEK COURSES

W11 iPHONE - How to Create, Edit and Share Photos and Videos	9
W12 America in an Era of Hate	10
W13 Building the Ashokan Reservoir	10

FRIDAY EIGHT-WEEK COURSES

F1 Introduction to Tap Dance.....	11
F2 Introduction to Tai Chi Easy.....	11

FRIDAY EARLY FOUR-WEEK COURSES

F3 Decisions, Decisions, Decisions: Past, Present, Future	12
F4 Fold Everything!	12

FRIDAY LATE FOUR-WEEK COURSES

F5 Guide to Planet Earth.....	13
F6 Four Rs in Relationships: Rupture, Repair, Renew and Respect.....	13
F7 Meditation for Stress Relief and Health	14
F8 New Paltz and The Growth of Townships in Ulster County.....	14

THURSDAY EIGHT-WEEK ONLINE COURSES

TH1 Current Events Discussion.....	15
TH2 American Women Writers	15
TH3 Reflective Journaling for Self-Acceptance and Self Understanding.....	16

THURSDAY EARLY FOUR-WEEK ONLINE COURSES

TH4 Navigating the Internet and Exploring Social Media	17
TH5 Sustainable Living as Spiritual Practice	17

THURSDAY LATE FOUR-WEEK ONLINE COURSES

TH6 Science Potpourri 5.....	18
-------------------------------------	----

SPECIAL COURSES

SP1 Book Discussion: Special Interest Group	19
SP2 Naturalist Guided Walks at Minnewaska State Park Preserve	20

TUESDAY EIGHT WEEK COURSES (T-8)

September 19, 26, October 3, 10, 17, 24, 31, November 7

BE A HEALTHIER YOU!

Marilyn Reitman

Redeemer Lutheran Church

11:00-12:15

NEUROPLASTICITY - 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

THE WONDERFUL WORLD OF MAH-JONGG

Carole Heyl

Redeemer Lutheran Church

12:30-2:00 (90 minutes)

CLASS LIMIT: 12

Materials Fee: \$14.00 for a 2023 National Mah-Jongg League card.

This class in American style Mah-Jongg is designed for the beginner who would like to learn a new and fun game. We will start with the basics and learn to create a hand and by the end of the course you will be playing a complete game.

Carole Heyl is a former teacher and software engineer. As a child she learned the game watching as her aunt played with friends. She began playing regularly after retiring.

INTRODUCTION TO SWING DANCING

Ron Fields and Susan Simon

Redeemer Lutheran Church

3:30-5:00 (90 minutes)

CLASS LIMIT: 20

The primary goal of this course is to teach students the basic dance moves involved in Swing Dancing. Specific details will involve elements of East and West Coast Swing and the Lindy Hop.

The course will include the demonstration and practice of the characteristics of partner dancing in the Swing Dance modes, as well as some lecture on the History of Swing Dance and Swing Music.

Ron Fields has been studying Swing Dancing for the past 20 years. He has taught East Coast Swing and the Lindy Hop and a course in the *History of Dance and Popular Music* for the Lifetime Learning Program at Bard College.

Susan Simon has been studying, performing & DJ'ing Lindy Hop since 2010 in the Hudson Valley & NYC. She also produced & presented courses with Ron Fields at Bard College LLI.

For many years she was a financial planner, and would encourage integrating artistic expression into how one deals with their finances and their life. Dance is wonderful!

TUESDAY EARLY FOUR-WEEK COURSES (T-4E)

September 19, 26, October 3, 10

LIFE STORIES IN ACTION

Judy Swallow

Redeemer Lutheran Church

9:30-10:45

CLASS LIMIT: 12

Connecting through stories is as old as humanity. In this class, the visual and kinesthetic combines with the auditory to add to the mix. Participants will be able to share stories from their lives by inviting other members of the group to bring them to life, using structures from Playback Theatre and the psychodramatic method. No acting or dance background is needed for this group, just a willingness to listen as well as share stories with each other.

If interested, you can read Jo Salas' book, *Improvising Real Life*, Kendall/Hunt, 1993, 1996

Judy Swallow has been using action methods to enhance communication for over forty years. She was a founding member of Playback Theatre in 1975 and has seen it spread worldwide. She is a part of Community Playback Theatre, which performs at Boughton Place in Highland, NY. She is also a co-director of the Hudson Valley Psychodrama Institute, teaching and running groups in the Hudson Valley. She is a licensed creative arts therapist.

WEDNESDAY EIGHT-WEEK COURSES (W-8)

September 20, 27, October 4, 11, 18, 25, November 1, 8

AROUND THE WORLD IN 8 LANGUAGES!

Eric Chambers

SUNY Campus

9:30-10:45

Languages around the world have very interesting ways of doing things - from making sounds, to making words, to making sense of the world. This course will highlight eight different languages, spoken throughout the world, that show how complex and varied language can be!

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.

CREATIVE AI TOOLS AND TECHNIQUES

Don Grice

SUNY Campus

9:30-10:45

There are now many websites which you can use to make good quality essays, poems, stories, articles, images, presentations, plans, screen plays, video, music, Excel macros, and even write code. Those tools are getting easier to use to enhance your creativity and productivity.

In recent months there has been a large increase in AI (Artificial Intelligence)-based tools available over the internet. This is due to a startling improvement in the AI-generated results these tools produce.

We will look, at a very high level, at what has been happening in the industry to allow this latest explosion of function, and what the various types of AI are that you may run into.

Each week we'll look into the basics of a tool or two, then the students will have the opportunity to use the tools at home for the following week. We'll have some discussion about what successes or issues people found using the previous week's tools and then look at the next selection of tools for the current week.

Since the output of most of these tools is very dependent on how you ask the questions, just like normal search results, we'll look into "prompt engineering", which concerns how to effectively interact with the AI's to get the results you want.

Don Grice has a PhD in Electrical Engineering and worked at IBM in system design for close to 50 years, including a big emphasis on Man-Machine Interaction and large scale parallel supercomputing. His thesis was in the area of Voice Recognition and Communication similar to what we all take for granted today with systems like Siri and Alexa. He also worked with IBM's Research Division on programs like Deep-Blue the Chess playing machine, and Watson the Jeopardy machine.

THE REVOLUTIONARY WAR - BY BATTLES (PART 1)

Bob Ulrich

**SUNY Campus
11:00-12:15**

With the 250th anniversary of the "Shot Heard 'round the World" coming up in two years, it's appropriate that we step up to covering it ALL, finally, in detail. With that in mind, we will devote *two* full semesters that will take us from the treaty that ended the French and Indian War, giving rise to Colonists fears of no future expansion, then the start of hostilities at Concord and Lexington, thru to the end of the Revolution, battle by battle. Because of the time permitted

with a two-semester approach, time will now be available to add in significant informational detours and extras to better explain the life and weapons of the era, as well as how the war moving to the south differed greatly from how it was fought in the north.

Bob Ulrich has been a frequent past presenter at LLI. His focus is on early American history, starting with how the Dutch, not the British, founded America's roots. He has now expanded to a full understanding of the background causes of the Revolutionary war and how, and why, it was fought.

4, 5, 6: THREE AMENDMENTS BETWEEN INDIVIDUAL FREEDOM AND A POLICE STATE

Kris McDaniel-Miccio

**SUNY Campus
12:30-1:45
CLASS LIMIT: 30**

Under American law, we believe that our rights to privacy, silence and justice are fundamental. Indeed, when the NYPD instituted "stop & frisk" we assumed that the police and the former Mayor, were violating the Constitution whilst doing end runs around the fourth amendment. Nothing could be further from the truth.

This class will examine how key amendments which should protect our rights to silence, privacy and legal representation had been severely compromised— by the Supreme Court. Since the 1960's evisceration of basic rights started its run— challenging the nature & scope of basic protection against police abuse of power; moreover, in discussing the criminal law, it is essential to infuse an analysis of the impact of ethnicity, class, gender and sex on the expression & protection of rights.

Legal experience or knowledge is not a requirement - rather an interest in law, policy and culture is critical as well as a desire to engage with colleagues.

Kris McDaniel-Miccio is a professor emerita of law with years of teaching experience. Moreover, she is one of the few members of legal academy with years of practice experience in criminal trial and appellate courts. Thus, she actually has practiced law in defense of the rights of the accused as well as prosecution of perpetrators of sexual and physical violence against children and significant others. McDaniel-Miccio successfully litigated key cases in constitutional law and has authored numerous domestic and international laws/policies which protect the rights of women and children. Dr. McDaniel-Miccio is a Fulbright Scholar, recipient of numerous awards for her scholarship, teaching and advocacy here in the U.S. and EU. She is also a rabid fan of the NY Yankees, devoted Bronxite and teacher in SUNY, BARD & VASSAR LLI Programs.

**LAND DEVELOPMENT AND LYME DISEASE:
A SOCIOLOGICAL PERSPECTIVE**

Irwin Sperber

SUNY Campus

2:00-3:15

CLASS LIMIT: 25

We will examine the unintended consequences for the ecosystem and public health arising from rapid land development. The impact on the predator-prey relationship due to unchecked development and its role in bringing about increased concentrations of deer, mice and deer ticks will be surveyed with special reference to the Mid-Hudson region.

The role of regulatory agencies and the real estate industry in addressing the risk posed by the tick-borne diseases as well as the prospects for constructive community response to these risks will be explored as we bring this course to a conclusion.

SUGGESTED READING: Richard Ostfeld
Lyme disease: The Ecology of a Complex System.
Why can't I get better? Solving the mystery of Lyme and chronic diseases.

Irwin Sperber who earned his PhD in Sociology at the University of California, Berkeley is a retired (emeritus) professor at SUNY, New Paltz where he taught in the Sociology Department for 48 years. His subjects were Environmental Policy and Public Health, Medical Sociology, Organized Crimes, Alienation and Mental Illness and Sociological Theory.

OPERA AS POLITICS

Chuck Mishaan

SUNY Campus

2:00-3:15

Opera has been a major art form in Western society for over 400 years. This course looks at governmental, sexual, economic, and religious political issues in opera. An examination of significant operas and their political contexts, and a look at the current state of opera as a political vehicle are part of the course. We will experience video performances in class as political themes are developed. No technical musical knowledge is required and familiarity with opera is not assumed. This is an updated presentation, with significant revisions, of the Opera as Politics series previously presented at SUNY New Paltz.

Chuck Mishaan has been presenting courses at SUNY New Paltz for many years, including this popular *Opera as Politics* series, *The Roaring 20s* and recently *Landmark Literature of the 1920s* and *Between the Wars: Arts and Culture of the 1930s*. His analysis and commentary on the intersection of politics and the arts continues with this course.

**NOT JUST “FIDDLER”
JEWISH CONTRIBUTIONS TO BROADWAY**
Jessica Rothman

SUNY Campus
3:30-4:45

A not-so comprehensive overview of the many people - writers, composers, producers, actors, etc. - who have brought their Jewish sensibilities and talents to the Broadway Theatre industry over the past century. There’s a lot more to it than just “Fiddler on the Roof”!

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

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.

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

September 20, 27, October 4, 11

**KEEPING IT SECRET
CRYPTOGRAPHY THEN AND NOW**
William Tuel

SUNY Campus
9:30-10:45

The need to keep a secret is ancient. The need to share that secret is likewise ancient, as is the desire to discover it. People have wrestled with these problems for millennia. This course on cryptography presents ways humans have tried to solve the secrecy problem.

From its origins in military and political communications among diplomats, cryptography has become an essential element of our modern information culture.

Students will learn classical cryptographic techniques, technologies used to encode, transmit, and decode messages, modern cryptographic environments, cryptographic

applications, and techniques of cryptanalysis — code-breaking.

Some mathematical background is helpful but not required.

Students should read “*The Gold Bug*” by Edgar Allan Poe prior to the start of the class.

Bill Tuel has been fascinated with secret codes since reading Poe’s “The Gold Bug” as a teenager. He put “Learn About Cryptography” on his LLI bucket list, and is now ready to share what he’s learned — both the history and current events involving the word “crypto-“. The presenter’s career involved creating and modifying complex computer programs — often seen as another form of secret codes. Bill has been a frequent LLI presenter.

THE “FOUND” TRIBES OF ISRAEL

Alan Rothman

SUNY Campus

11:00-12:15

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 just 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! Maybe you will find a Jewish link in your ancestry.

Alan Rothman, a retired high school educator and former synagogue religious school teacher, principal and youth director, is a history enthusiast about Jewish survival against all odds.

THE BLUES

Richard Sullivan

SUNY Campus

12:30-1:45

This course will take us through the history of the blues. When it began, some of the great artists, the various sub genres of the Blues. We will also visit some of the greats via YouTube to get a visual experience.

Come join me for some blues to make your day feel better!!

Richard Sullivan has been a big fan of music most of his life, having sung in a DooWop Acappella group as a teenager, and on stage with some famous performers. Currently, he DJ's (and, has for about 20 years), on the internet station doowopcafe.org.

Richard has been a presenter for Lifetime Learning for a number of years teaching a multitude of music genres. They've all been exciting, and this one promises to be no different.

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

October 18, 25, November 1, 8

iPHONE – HOW TO CREATE, EDIT AND SHARE PHOTOS & VIDEOS

Alan Rothman

SUNY Campus

11:00-12:15

The Apple iPhone, like all smart phones, is a computer in your pocket. You can use it to take photos and then improve them by editing. You can record short video clips and then edit them together with still photos, titles, music and voice overs all in your iPhone and then share them

with friends and family. To get the full benefit of this class, it helps to have the most up to date iOS system downloaded to your to your iPhone or iPad. Bring your fully charged, relatively new model with at least 10 photos on it with you to class every day.

Alan Rothman, a retired public high school and religious school educator, has been using Apple computers and iPhones both in his classes and for personal use since 1986. He has learned much along the way.

AMERICA IN AN ERA OF HATE

Lewis Brownstein

SUNY Campus

11:00-12:15

The insurrection of January 6, 2021 represented an existential crisis for American democracy. While the events of that day were precipitated by the outcome of the 2020 election and attempts of Donald Trump and his allies to overturn the result, the roots of the explosion that day can be traced back decades. They were the culmination of a myriad of complicated developments in American society including: profound societal changes since the end of World War II, the emergence of Neo-Nazi organizations, the creation of anti-government organizations, the rise of White Christian nationalism, the establishment of multiple militia organizations, and the unprecedented polarization of American politics at the national and local level, among others.

This course will attempt to trace the factors which led to this state of affairs with particular emphasis on the rise of racial hatred, the significance of white Christian nationalism, the establishment of the militia movement and the nexus between these trends and the changes in the Republican Party from 1964 to the present.

Professor Lewis Brownstein taught International Relations at SUNY New Paltz before retiring in 2015. He has taught a number of courses for LLI over the years on the Middle East, totalitarianism, nuclear weapons among other topics.

BUILDING THE ASHOKAN RESERVOIR

Frank Almquist

SUNY Campus

12:30-1:45

The astonishing beauty of the Ashokan reservoir and its daily gift of inspiration and familiar comfort belie a sorrowful narrative that seems to sigh beneath its surface.

This course will discuss the valley prior to the planning, effort, labor force and time it took to build the Ashokan Reservoir and get water into the NYC distribution system. Historical material will be shown at all stages to highlight the enormous effort of this massive construction.

Frank Almquist was always curious about the reservoir. He collected post cards of the area before, during, and after construction. He also wrote a book that uses real photo postcards and other graphics that describe the construction effort.

ON THE COVER



Japanese Maple (*Acer palmatum*)
Rebecca Heyl, *Photographer*

FRIDAY EIGHT-WEEK COURSES (F-8)

September 22, 29, October 6, 13, 20, 27, November 3, 10

INTRODUCTION TO TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

1:00 -2:15

Come, join us as we cover basic tap dance steps and rhythms. Discover your-inner Fred Astaire or Ginger Rogers!

Hard soled shoes should be worn if you do not have tap shoes

Anita-Jean McMonigle has owned and operated her dance studios in the Hudson Valley area since 1966. Anita-Jean has worked as choreographer over the years for many local theatre groups including Newburgh Civic Theatre, Temple Hill Players, Amodeo Players Productions, and drama productions for South Junior High and Newburgh Free Academy.

Ms. McMonigle is a past President of the Manhattan Chapter of the National Association of Dance and Affiliated Arts, Inc, and a Past East Coast Talent Coordinator for this organization.

INTRODUCTION TO TAI CHI EASY

Caroline Hopenwasser

Redeemer Lutheran Church

3:00-4:15

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.

LIFETIME LEARNING IS ON

FACEBOOK

SEE PICTURES FROM COURSES

LIKE OUR PAGE

SHARE WITH FRIENDS

SPREAD THE NEWS ABOUT LLI

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

September 22, 29, October 6, 13

DECISIONS, DECISIONS, DECISIONS

PAST, PRESENT, FUTURE

Puja A. J. Thomson

St. Joseph's Church

11:00 – 12:15

We are constantly making decisions, some we are proud of and some we regret. It is not always easy to be true to oneself. We will practice good detective skills to investigate:

- who and what we pay attention to and who and what we ignore when we make decisions,
- how old habits can sabotage our intentions and
- 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, and from living in different countries, **Puja Thomson** has experienced the tension of making authentic choices throughout her life and learned important lessons. Her book, *Track Your Truth: Discover Your Authentic Self*, is a helpful practical guide. She has taught many LLI classes.

FOLD EVERYTHING!

Kathryn Paulsen

St. Joseph's Church

3:00-4:15

CLASS LIMIT: 20

MATERIALS FEE: \$7.00

Discover the pleasure of creating something beautiful from a simple folded piece of paper: a box, an animal, a toy, a flower—all new models for Fall. Learn the basic skills and language of origami, how to follow instructions in books and make items which can be used as cards, gifts, displays 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 lifetime maker of creative works, **Kathryn Paulsen** was a public school art teacher in Dutchess County for 38 years where "Folding Friday" delighted her students. In 2010 she received the New York State Teachers Association Middle School Art Teacher of the Year Award and the 2019 NYSATA (Retired) Art Educator of the Year Award.

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

**Contact the Curriculum
Committee through LLI at:**

**845-257-2892 or
lifetime@hawkmail.newpaltz.edu**

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

October 20, 27, November 3, 10

GUIDE TO PLANET EARTH

Chris Bernabo

Woodland Pond

9:00-10:15

CLASS LIMIT: 25

Gain an enhanced appreciation of the natural world by learning the history of our planet, the forces that shape it, the current state and future of Earth. We will learn how mountains form, continents move, oceans circulate, earthquakes occur, volcanoes erupt, climate changes and how living things, including humans, have transformed the planet.

Each week we will examine the development, function, and future of one of the Earth's four systems: the air (atmosphere), oceans (hydrosphere), crust (lithosphere) and life (biosphere). Emphasis will be on understanding how they all interact to create the world we live in. See your natural surroundings with greater understanding, joy and wonder for the amazing planet we call home.

Chris Bernabo has a Ph.D. in Earth Sciences. He has worked with governments, businesses, universities, and environmental organizations on programs addressing climate change, biodiversity, acid rain, sustainable forestry, and smart growth. His activities across the U.S., Europe, and Asia have involved research, teaching and consulting.

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

FOUR Rs IN RELATIONSHIPS:

Rupture, Repair, Renew and Respect

Fred Mayo

St Joseph's Church

11:00-12:15

Friends and family members can sustain us by providing connection, vitality and engagement, especially in the fifth quarter of our lives. In fact, our social connections contribute significantly to both our physical and mental health. However, we often experience painful experiences or breaks in a friendship, and some of us face the passing of good friends. At the same time, some of us are renewing ignored, fragile, and long-lasting friendships and family members. We have the opportunity to create new adventures and potential new ways to relate to persons in our social circles.

This course will explore a range of questions about friendships and potentially other relationships:

- *How do we show affection and respect to our friends and family members?*
- *What does it mean to respect a friend as our friends change in their interests, abilities, and personalities?*
- *How do we deepen connections or explore different ways to be friends?*
- *How do we decide to repair, renew, or delete relationships?*
- *What role do ruptures play in relationships with friends?*
- *What happens when we make these decisions?*

The class will include opportunities to discuss our own experiences with friends and family members as we explore what we want to do with these relationships. There will be some short readings to expand our understanding of these processes and enhance our conversations.

Fred Mayo, retired Professor of Hospitality and Tourism Management at NYU, has been teaching LLI courses for years. The first ones included topics related to manners using parts of his book *Modern American Manners: Dining Etiquette for Hosts and Guests*. More recent LLI courses have included: Isolation, Rituals and Routines, Building Community, Friendship, and Giving and Generosity.

MEDITATION FOR STRESS RELIEF & HEALTH **Rochelle Gordon**

St Joseph's Church
1:00=2:15

This class is designed to help you learn how to relieve your stress and promote good health.

A different topic will be discussed each week.

- Stress Relief Without Meditation
- Meditation for Health
- How the Mind Works
- Hacks for Health

Rochelle Gordon began meditating 50 years ago. In 2015 she published a Kindle book *Foolproof Ways to Have Stress Relief and End Anxiety* which is one of many books that have been published. Rochelle is 81 and in excellent health because she exercises and eats well, however, she says the real secret to her good health lies in her daily meditation and breathing exercises.

NEW PALTZ AND THE GROWTH OF TOWNSHIPS IN ULSTER COUNTY

Marilou Abramshe

Woodland Pond
1:00-2:15
CLASS LIMIT: 25

The development of Southern Ulster began in 1677 when 12 Huguenot's signed an agreement with the sachems of the Esopus Indians. In the 200 years following the settlement of New Paltz, the descendants of those first Huguenots filled the original boundaries of the patent that stretched from the Shawangunk Mountains to the Hudson River. In doing so, they created what are New Paltz's neighboring townships. Learn how New Paltz grew and then was divided to create the towns of Esopus, Rosendale, Lloyd, and Gardiner.

Marilou Abramshe loves history and the researching of it. She has been a familiar presenter at Lifetime Learning sharing various aspects of Ulster County history.

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)

THURSDAY EIGHT-WEEK ONLINE COURSES (T-8)

September 21, 28, October 5, 12, 19, 26, November 2, 9

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.

AMERICAN WOMEN WRITERS

Meta Plotnik

ONLINE

11:00-12:30

This course will focus on less well-known American women writers such as Sarah Orne Jewett, Tillie Olson, Ursula K Le Guin and other women writers.

Willa Cather and Edith Wharton became major American women writers of the 20th Century. They produced many works of fiction and non-fiction and criticism. There is now a statue of Willa Cather at the U.S. Capital. Many other women wrote excellent novels and short stories, and we will acknowledge some of them.

We will discuss

- *The Country of the Pointed Firs*
by Sarah Orne Jewett
- *Tell Me a Riddle*
by Tillie Olson
- *Left Hand of Darkness*
By Ursula K LeGuin
- and several short stories

Participants are expected to read and share reactions and quotations.

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 as well as courses discussing novels by George Eliot, Thomas Hardy, Willa Cather and Edith Wharton.

REFLECTIVE JOURNALING FOR SELF-ACCEPTANCE AND SELF UNDERSTANDING

Barbara Jimerson

ONLINE

1:00-2:30

“Fill your paper with the breathings of your heart.” William Wordsworth.

Studies have shown that personal journal writing helps increase and improve brain function, regulates anxiety and stress, and creates a sense of control or order in one’s life. I facilitate reflective journaling by using a thematic approach. Each session covers a topic with prompts which encourage depth of thought. Sharing is optional and not required. Capturing the jumble of thoughts that cloud the mind often leads to a recognition of vulnerability and a sense of self-acceptance and understanding.

When the Women’s Movement began, **Barbara Jimerson** sought out classes and approaches to personal writing formats, designing a program for journaling that would help her build her confidence and understand her thoughts and feelings.

In the decades that followed, the journaling format evolved into a tool Barbara used professionally in her work as an English teacher and a facilitator in teenage peer counseling classes. After retiring from education, she conducted journaling sessions (both as a volunteer and as a paid facilitator) with substance abusers and concussion-injured professional athletes. Their writing and sharing served as a therapy for their injured selves. Currently, she conducts large and small-group journaling classes with elders from local community organizations.

Classes fill early so do not delay your online registration

There is no limit to the number of classes you choose

You MUST have an individual email address

September 1st is the registration deadline

Mail your check for \$120 (full year membership) or \$75 (Fall and Winter Sessions) to LLI

Confirmation letters will be mailed in early September

THURSDAY EARLY FOUR-WEEK ONLINE COURSES (T-4E)

September 21, 28, October 5, 12

NAVIGATING THE INTERNET AND EXPLORING SOCIAL MEDIA

Gillian Murphy

ONLINE

11:00-12:30

Learn how to use technology in your everyday life. Participants will learn how to navigate some of the technology that we face daily.

The topics will include:

- Exploring social media
- Syncing, downloading, and uploading files
- Internet navigating

There will be an opportunity to submit questions after the first class.

Gillian Murphy is the Director of the Elting Memorial Library in New Paltz. Gillian has been a director of libraries 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.

SUSTAINABLE LIVING AS SPIRITUAL PRACTICE

Lyla Yastion

ONLINE

3:00-4:30

At the root of all religions and spiritual paths is a reverence for the Creation and an acknowledgement of the human responsibility to care for the Earth. We will examine the teachings of the major religions regarding the human relationship to the natural world as well as modern iterations of ancient Earth-wisdom such as deep ecology, eco-theology and creation spirituality. With this review of the deeply rooted spiritual ties between humanity and all life forms as a foundation we can approach our own practices of sustainability as forms of worship, gratitude and sacrifice: we thus *make sacred* our lives.

Lyla Yastion received a Ph.D. in Anthropology from University of Albany and taught courses in anthropology and religious studies for 18 years at the college level, most recently at SUNY New Paltz. Since her retirement she has been presenting courses at various lifelong learning centers in the Hudson Valley. Lyla has written 2 books: *Pause Now: Handbook for a Spiritual Revolution* (2009) and *Homesick: finding our way back to a healthy planet* (2018) both published by Hamilton Books. She is a reiki master with training in shamanic healing. Lyla lives in Tillson with 2 cats.

THURSDAY LATE FOUR-WEEK ONLINE COURSES (T-4L)

October 19, 26, November 2, 9

SCIENCE POTPOURRI 5

Carole Heyl - Coordinator

ONLINE

3:00-4:30

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?

Oct 19: Jeremy Heyl

What Happened To The Dinosaurs?

You will be given a blow-by-blow account of how the dinosaurs were killed on that Spring day 65 million years ago, what animals survived (including our ancestors) and why. What evidence have scientists used to understand this mass extinction and what are the first steps that have been made to identify and thwart extraterrestrial threats to the Earth? If time permits, there will be an opportunity to ask astronomy questions.

Oct 26: Rebecca Heyl

The Wondrous Migration of the Monarch Butterfly

What can the life journey of this winged wonder teach us? You will travel to the forests in Michoacan, Mexico to witness this wonder of nature. Rebecca will share details about the Monarch journey, including photos and videos from the overwintering site she visited in January 2023. Together we will consider what this incredible story from the land can teach us about home, habitat, connection, and coexistence.

Nov 2: Wendy Rudder

I'm Losing My Memory:

Is it normal aging or Dementia?

Dementia is a commonly used, yet widely misunderstood term. This workshop will define dementia, explore factors that affect memory, and describe some of the most common forms of dementia – most notably Alzheimer's Disease, and its warning signs.

We will also talk about lifestyle choices that promote memory health.

If time allows, we'll engage in some fun brain teasers, to keep your mind sharp.

Nov 9: Maria Caicedo

An Introduction to the History and Use of Medicinal Plants

We will discuss plant medicine and explore the ways in which we, as inheritors of the earth can work with it to continue to sustainably and responsibly benefit from the medicine traditions of ancient civilizations.

Jeremy Heyl is a professor of physics and astronomy at the University of British Columbia and the Canada Research Chair in Neutron Stars and Black Holes. He is one of the few Canadian astronomers to be awarded time on the Webb telescope during its first year. His team is looking for evidence of the formation of the oldest planets. He is an expert on neutron stars, black holes, white dwarfs and the evolution of stars.

Rebecca Heyl is a community-engaged artist, author and educator. She received a MFA from the Tufts University/SMFA program in Boston. She has taught photography and photojournalism courses at several universities. As part of her fieldwork as a PhD

student in Education at Simon Fraser University, Rebecca travelled to the forests in Michoacan, Mexico to witness this wonder of nature.

Wendy Rudder is a retired social worker. She worked with seniors for at least 10 years of her career. This included several years at the Alzheimer's Association where she developed expertise on dementia and memory loss. While there, she worked extensively with caregivers and people diagnosed with Alzheimer's (or other forms of dementia). She regularly created and presented workshops to educate people about various

topics related to memory loss, caregiving, brain health and more, as well as providing training to professionals.

A bilingual childhood educator by training, **Maria Caicedo's** interest in food, soil and plants grew as she taught in a variety of community settings and outdoor classrooms in NYC. Committed to reconnecting people to nature, Maria is always in search opportunities to grow her love for the land and share it with others. She keeps a community garden plot near her home in Highland.

SPECIAL COURSES

BOOK DISCUSSION: SPECIAL INTEREST GROUP Judy Reichler

**Tuesday Sept 19, Oct 17, Nov 7
Redeemer Lutheran Church
2:00-3:15**

What happens if you don't like the main character in a book you're reading (or listening to)? What if the main character is deeply flawed, or doesn't get redeemed? Or the ending isn't all rosy? Can you appreciate the writing and/or the story? Or do you decide it's not for you?

We'll read three novels with unlikeable protagonists. Central characters that may make us impatient, disappoint us, cause us to wish we could get in there and set them straight. We'll discuss how difficult it must be to write such a book and share our reading experience.

Sept 19: House of Sand and Fog, by Andre Dubus III.

A down-on-her-luck California home owner and an Iranian immigrant become enmeshed in a life-and-death struggle for ownership of a house.

Oct 17: Eileen, by Ottessa Moshfegh

Played out against the snowy landscape of coastal New England in the days leading up to Christmas, an elderly woman reflects on a pivotal week in her life when she was 24.

Nov 10: Stoner, by John Williams

Follows the life of a stoic man from a poor Missouri farming family at the end of the nineteenth century, who falls in love with English literature, becomes a scholar, and confronts an essential solitude.

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.

**NATURALIST GUIDED WALKS AT
MINNEWASKA STATE PARK PRESERVE
Laura Conner**

**Monday Oct 2, 16, 23, 30, Nov 6
CLASS LIMIT: 25**

Join Laura Conner, Environmental Educator at Minnewaska State Park, for a series of weekly, naturalist-led outings. Each modestly paced walk will take place on level, gravel-surfaced carriage roads and will feature education served with a side of scenic views, cultural history and signs of wildlife.

Unless otherwise noted, all walks will begin at the Lake Minnewaska Visitor Center at 5283 Rt 44/55, Kerhonkson. State residents who are 62 years of age or older pay no parking fee during the week, except on holidays.

Please note that participants need to be able to walk the distance of each outing in the allotted time frame. In case of inclement weather, sessions will be rescheduled to Monday Nov 13th.

Laura Conner began her career with New York State Parks in 2000, when she worked as a seasonal environmental educator at Grafton Lakes (Rensselaer County). Next, she was the Assistant Park Manager at Moreau Lake (Saratoga County), while still offering environmental education. In 2007, she became the Environmental Educator at Minnewaska. Originally pursuing fine art, with a BFA in photography from the School of Visual Arts, she changed careers in 1995, when she received an MS in Environmental Studies from Antioch New England Graduate School.

**Monday, October 2, 9:30am - 12:00pm
Around the Lake with a Catskills View**

Walking around Lake Minnewaska, we'll stop at all the scenic vistas. Then, we'll continue to the quiet Beacon Hill Carriage Road, which offers a spectacular view of the Catskills.

Distance: 4 miles round trip.

**Monday, October 16, 9:30 am - 12:00 pm
Opposite Views across a Ravine**

This outing will feature two views across the Palmaghatt Ravine. Our first stop will be Patterson's Pellet, a cliff-edge boulder. Then, we'll walk to Kempton's Ledge, which offers stunning views in the opposite direction.

Distance: 4 miles round trip.

**Monday, October 23, 9:30 am – 12:00 pm:
Awosting Falls Walk**

***Meeting at the Peter's Kill Area of
Minnewaska, 5080 Rt 44/55, Gardiner, NY***

This scenic route, with a modest incline, follows the edge of the Peter's Kill stream and features views of a vertical rock formation, before reaching the iconic 65-foot tall Awosting Falls.

Distance: 2.5 miles round trip.

**Monday, October 30, 9:30 am - 12:00pm
Echo Walk**

A favorite route that offers fabulous views of the colorful, fall forest, where porcupines are sometimes visible in the tops of trees. Our destination, Echo Rock, sits perched above the Palmaghatt Ravine, where vultures can be seen soaring.

Distance: 4 miles round trip.

**Monday, November 6, 9:30 am – 1:30 pm:
Millbrook Mountain Longer Walk**

Enjoy spectacular views from the top of the iconic white cliffs that are visible from New Paltz. See the Catskills Mountains, Skytop Tower, the Wallkill Valley and more from this cliff-top perch. Pack a lunch and water.

Distance: 7 miles round trip.

FALL 2023 LLI CLASS SCHEDULE

Session	Course		LOC	Limit	9:30	11:00	12:30	2:00	3:30
T-8	8 Tuesdays (Sept 19, 26, Oct 3, 10, 17, 24, 31, Nov 7)								
T1	Be a Healthier You!	Marilyn Reitman	RE			X			
T2	The Wonderful World of Mah-Jongg	Carole Heyl	RE	12			X		
T3	Introduction to Swing Dancing	Ron Fields/Susan Simon	RE	20					X
T-4E	4 Tuesdays Early (Sept 19, 26, Oct 3, 10)								
T4	Life Stories in Action	Judy Swallow	RE	12	X				
W-8	8 Wednesdays (Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8)								
W1	Around the World in 8 Languages	Eric Chambers	SU		X				
W2	Creative AI Tools and Techniques	Don Grice	SU		X				
W3	The Revolutionary War - By Battles	Bob Ulrich	SU			X			
W4	4,5,6 Three Amendments	Kris McDaniel-Miccio	SU	30			X		
W5	Land Development and Lyme Disease	Irwin Sperber	SU	25				X	
W6	Opera as Politics	Chuck Mishaan	SU					X	
W7	Not Just "Fiddler"	Jessica Rothman	SU						X
W-4E	4 Wednesdays Early (Sept 20, 27, Oct 4, 11)								
W8	Keep It Secret - Cryptography	William Tuel	SU		X				
W9	The "Found" Tribes of Israel	Alan Rothman	SU			X			
W10	The Blues	Richard Sullivan	SU				X		
W-4L	4 Wednesdays Late (Oct 18, 25, Nov 1, 8)								
W11	iPhone - Photos & Videos	Alan Rothman	SU			X			
W12	America in an Era of Hate	Lewis Brownstein	SU			X			
W13	Building the Ashokan Reservoir	Frank Almquist	SU				X		
F-8	8 Fridays (Sept 22, 29, Oct 6, 13, 20, 27, Nov 3, 10)				9:00	11:00	1:00	3:00	
F1	Introduction to Tap Dance	Anita-Jean McMonigle	RE				X		
F2	Introduction to Tai Chi	Caroline Hopenwasser	RE					X	
F-4E	4 Fridays Early (Sept 22, 29, Oct 6, 13)								
F3	Decisions, Decisions, Decisions	Puja A J Thomson	SJ			X			
F4	Fold Everything!	Kathryn Paulsen	SJ	20				X	
F-4L	4 Fridays Late (Oct 20, 27, Nov 3, 10)								
F5	Guide to Planet Earth	Chris Bernabo	WP	25	X				
F6	Four R's in Relationships	Fred Mayo	SJ			X			
F7	Meditation for Stress Relief and Health	Rochelle Gordon	SJ				X		
F8	New Paltz and the Growth of Townships	Marilou Abramshe	WP	25			X		
TH-8	8 Thursdays (Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9)								
TH1	Current Events Discussion	Robert Arthurs	ZM	15	X				
TH2	American Women Writers	Meta Plotnik	ZM			X			
TH3	Reflective Journaling	Barbara Jimerson	ZM				X		
TH-4E	4 Thursdays Early (Sept 21, 28, Oct 5, 12)								
TH4	Navigating the Internet	Gillian Murphy	ZM			X			
TH5	Sustainable Living as Spiritual Practice	Lyla Yastion	ZM					X	
TH-4L	4 Thursdays Late (Oct 19, 26, Nov 2, 9)								
TH6	Science Potpourri 5	Various	ZM					X	
SPECIAL COURSES		SP1	3 Tuesdays (Sept 19, Oct 17, Nov 7)		2:00-3:15				
		SP2	5 Mondays (Oct 2, 16, 23, 30, Nov 6)		9:30-12:00 & 9:30-1:00				
SP1	Book Discussion: Special Interest	Judy Reichler	RE				2:00		
SP2	Guided Walks at Minnewaska	Laura Conner	MN	25	9:30				
KEY	MN - Minnewaska State Park	SJ - St. Joseph's Church			WP - Woodland Pond				
	RE - Redeemer Lutheran Church	SU - SUNY Campus			ZM - Zoom				

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