

LIFELONG LEARNING INSTITUTE VASSAR COLLEGE

LLVC
Spring 2020

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

Spring 2020 Catalog

The Lifelong Learning Institute (LLI) at Vassar College is a volunteer-run organization designed for adults who love to learn and who wish to contribute to the larger community in their pursuit of knowledge.

We are an adult educational program affiliated with Vassar College offering a broad range of non-credit educational courses and activities to members 55 and over. Classes are taught by volunteer members, retired and active faculty, and outside experts.

LLI at Vassar College believes that education is essential at every age. We are called on to continually expand our knowledge, so we might participate fully as citizens in our democracy. The education process is individually motivated as well as collaborative, with new ideas and new skills often introduced by others with a commitment to sharing.

As we age, life experiences enhance our education. We are fortunate that members with unique perspectives, skills, and expertise are willing to share them with us.

Vassar's LLI is committed to forming a community that advances the education of its members in a collaborative fashion. When we study, explore, and discuss together, we model engagement and expansion for each other.

Most classes are conducted in small groups to promote discussion, informed by the interests and knowledge of both volunteer instructors and LLI members.

Members can register for a maximum of three full courses per semester.

When selecting courses, please note the dates it meets.

Four-week courses are half courses and six to eight-week courses count as a full course.

Only LLI members may attend classes; no guests are permitted.

Membership fee does not include books, photocopied material, transportation, or other fees.

Regular classes meet on Fridays:

- 9:30 – 10:45 am
- 11:05 am – 12:20 pm
- 1:45 – 3:00 pm
- 3:20 – 4:35 pm

Lifelong Learning Institute at Vassar College

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LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

Spring 2020 Catalog

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Lunch Break

Third Section Fridays, 1:45 pm – 3:00 pm			
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March 13-April 3rd	First 4	Maps, Navigation and Discoveries in the Middle Age	16
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Fourth Section Fridays, 3:20 pm – 4:35 pm			
Dates	Weeks	Course	Pg
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OFF CAMPUS COURSES			
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Apr 15, 33, 29, May 6 11-12:30pm	4	Observational Drawing: The Hand Eye Connection	21

SPECIAL EVENTS		
Hidden Treasures of the Hudson Valley April 1		
Presenter: Anthony P. Musso	Limit: Unlimited	21
The Great War on Film April 23		
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Producer: Diana Salsberg	Limit: 45	22

Friday's: 9:30-10:45am 8 Week Classes (March 13-May 8, except April 10)

Contemporary Comics and Graphic Novels

Presenter **Tay Cha**

Limit: 30 8 Weeks

The public is becoming increasingly aware of comics and graphic novels due to literary prize winners such as Art Spiegelman's *Maus*. The dramatically simplified style of comics serves as a vehicle for introducing various social issues through the common and accessible language of images and text. The students will study important graphic novels in contemporary culture and learn how to make their own comics. Not only is content important for the making of comics but the students will discover how to storyboard and use various pen techniques involved in completing their own comics.

Material Fee: \$10.

Students will also learn the relevance of comics by the strong relationship that they share with fine art. With storytelling as the main component, students will craft their own narrative and create their own written script. The class will conclude with each student making three full comics, complete with cover pages. Copies of the final comics will be made and distributed to everyone in the class.

Suggested Readings:

Maus, by Art Spiegelman

Are You My Mother and *More Dykes To Watch Out For* by Alison Bechdel

Shortcomings and *The Complete Optic Nerve Mini Comics* by Adrian Tomine

A Child's Life: and Other Stories by Phoebe Gloeckner

Ghost World and *Patience* by Dan Clowes

The R Crumb Handbook by Robert Crumb

Paying For It by Chester Brown

Blankets, by Craig Thompson

Big Baby by Charles Burns

Age of Bronze: A Thousand Ships by Eric Shanower

Clumsy: A Novel and *A.E.I.O.U.* by Jeffrey Brown

Fair Weather and *The Poor Bastard* by Joe Matt

Tay Cha is a working and professional artist. He has a Bachelor's of Fine Art from Denison University and a Master of Fine Arts from The University of Pennsylvania. At The University of Pennsylvania, Cha was a graduate teaching assistant for Drawing One and Painting One. He has taught comic book arts at The Imagination Station in Red Hook, NY and also the River Haven Youth Shelter in Poughkeepsie, NY.

Friday's: 9:30-10:45am 8 Week Classes (March 13-May 8, except April 10)

Ethical Vision with Mathematics at its Center

Presenter **Christopher Parks**

Limit: 40 8 Weeks

This course highlights a universal Cognitive Problem: we tune out when information is presented abstractly either about causes of high levels of suffering or death, for example the relationship between tobacco and cancer, or about positive trends such as increasing world prosperity. The thesis of the course is that mathematics can give us the most correct understanding of difficult issues, and that a correct worldview is necessary to act ethically and competently. This semester we will consider the big picture, the extended consequences of choices and denial-ism; the next semester will consider the future for those not yet born.

Suggested Readings: Dr. Hans Rosling, *Factfulness - Ten Reasons We're Wrong About The World - And Why*

Things Are Better Than You Think, Flatiron Books, 2018.

Dr. Christopher C. Parks has a Sc.B. from Brown University and a Ph.D. from Berkeley, both in Physical Chemistry. He worked on computer chips at IBM using Secondary Ion Mass Spectrometry to count and visualize in space enormous numbers of atoms. This mathematical ethics course combines his strong interests in mathematics, sciences, philosophy, history, literature, and arts.

Friday's: 9:30-10:45am 8 Week Classes (March 13-May 8, *except April 10*)

Hudson Valley Hospice: Making Every Moment Count!

Producer Sophia Sciacca

Limit: 40 8 Weeks

Hudson Valley Hospice is a local non-profit organization serving Dutchess and Ulster Counties, providing compassionate care and support services to individuals facing a life-limiting illness and their loved ones. The goal of hospice care is to allow patients to live in comfort and dignity at the end of life at home, in a nursing facility or in one of our area hospitals. Hudson Valley Hospice also provides education on end-of-life and grief support services.

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|---|--|
| 1. General Overview of Hospice | 5. Physical Care & Comfort at End of Life |
| 2. Advance Care Planning including Healthcare Proxy and MOLST forms | 6. Complementary Therapies |
| 3. Community Resources for Aging Safely | 7. End of Life Doulas and Hospice Volunteers |
| 4. Caring for the Caregiver | 8. Coping with Grief |

Suggested Reading: Atul Gawande, *Being Mortal*

Sophia Sciacca is provider relations representative, Hudson Valley Hospice. She is comfortable addressing a small group or live on-air given a message to deliver. She has a strong work ethic, works with diplomacy and treats co-workers and clients with respect.

Friday's: 9:30-10:45am 8 Week Classes (March 13-May 8, *except April 10*)

The Hudson from the Adirondacks to the Atlantic

Presenter Steve Stanne

Limit: 40 8 Weeks

The Hudson River is the defining natural feature of this region. It is central to our unique sense of place and history, a highway for commerce, and a playground for valley residents. The river's famous scenery and abundant natural resources have been at the heart of iconic environmental struggles. This course will explore the river's ecology, describe how its natural history has influenced human endeavor here, examine the impacts of pollution and other environmental insults, and ponder a prognosis for the river's health going forward.

Suggested Readings: State of the Hudson 2015 report from the Hudson River Estuary Program/NYSDEC; I will make hard copies available at first class meeting; it is also available online.

Steve Stanne began teaching about the Hudson in 1980 as education director for Clearwater, a position he held

until 1999, becoming well-versed in the estuary's natural and human history. From 1999 until retirement in 2017 he directed Hudson River education efforts for the NYS Department of Environmental Conservation in partnership with Cornell University. Steve is the principal author of *The Hudson: An Illustrated Guide to the Living River*, published by Rutgers, and of the Hudson River Estuary Program's State of the Hudson reports in 2009 and 2015.

Friday's: 9:30-10:45am 6 Week Classes (March 13-April 24th)

French Conversation for Beginners

Presenter: Janice Miller

Limit: 20

6 Weeks

Have you always wanted to learn French, or are you planning a trip to a French-speaking country? This course will cover basics of French conversation, pronunciation and useful phrases for travel.

Required Reading:

15-Minute French, by DK Eyewitness Travel, includes free app for practice at home.

There is also an older version of this book, with accompanying CD. Used copies are available online.

Janice Miller has an MST in French. She has taught French from pre-school through college.

Friday's: 9:30-10:45am 6 Week Classes (March 13-April 24th)

Women Artists of the 20th Century

Presenter: Marilyn Price

Limit: 40

6 Weeks

We will continue to explore the contributions of women artists, with emphasis on the art of the 20th century to the present. These are artists not previously covered in this slide, lecture and discussion series.

I have a background in painting and fine arts. As an undergraduate I majored in painting at Cooper Union with graduate study at N.Y.U. and Columbia University where I also took courses in art history. I chaired the Art Department of Columbia Preparatory School in N.Y.C. for 29 years, where I taught painting, drawing, sculpture and ceramics, and A.P. art history. I also showed my paintings and ceramics in New York City. In 1994, my husband and I moved to the Hudson Valley, and I continue to work in both painting and ceramics.

Friday's: 9:30-10:45am First 4 Week Classes (March 13-April 3rd)

Honeybees 101 - An Introduction

Presenter: Jim O'Brien

Limit: 10

First 4 Weeks

Honeybees 101 will introduce the class to everything you wanted to know about honeybees but were afraid to ask. It will explain basic honeybee anatomy and activities. It will also provide a basic explanation of the activities of beekeepers.

I was a beekeeper for four seasons. My last hive died over the winter, which is a common experience for

beekeepers. I no longer have hives, but I spent the summer assisting another beekeeper with his hives. I consider myself as an advocate for the honeybees and will try to help them in any way that I can. I hope that this course will be of help to them by encouraging you to care and act.

Friday's: 9:30-10:45am First 4 Week Classes (March 13-April 3rd)

Tai Chi Yang Style 8 Forms

Presenter: **Xiaodong Smith**

Limit: 15

First 4 Weeks

The aim of the course is to introduce Tai Chi Yang style and help the learners to have the basic skill of Tai Chi Yang style 8 forms.

Xiaodong Smith is an instructor of Chinese language, culture, Tai Chi and Zen tea. She learnt and practiced Tai Chi, Zen tea from Chang Hui Buddhism master in XiShan Buddhist Temple in Guangxi, China during 1982-1985.

For more than ten years, Xiaodong taught foreign students at Fudan University in Shanghai and managed a cultural organization.

Friday's: 9:30-10:45am Last 4 Week Classes (April 17-May 8)

Beginner Tennis

Presenter: **Laurie Hedlund**

Limit: 8

Last 4 Weeks

Students will learn the basics of tennis, how to hold the racket, the forehand, the backhand, volley and serve. Footwork and drills will also be incorporated into the class depending on the progress and desire of the students. Scoring a game and a match will be addressed as will other rules of tennis as the need arises. This will be a fun class and a way to enjoy the outdoors while getting some exercise.

Laurie Hedlund has been playing tennis for as long as she can remember. More recently she has coached for middle and high school teams and at various tennis clubs in the area. She is not a pro but enjoys playing tennis on many USTA teams and would like to share the joy of playing tennis with as many people as are interested.

Friday's: 9:30-10:45am Last 4 Week Classes (April 17-May 8)

The Beatles II

Presenter: **Barry Rothfeld**

Limit: 40

Last 4 Weeks

The Beatles took the roots of early American Rock 'n' Roll and added their own British sound to revolutionize music in the 1960s with a pop music sound all their own. Then, influenced by Bob Dylan and others, their music matured and addressed more complex subject matters. "The Beatles: A Magical Musical Tour, Park II" picks up with the release of "Revolver" and explores the group's maturation through its most celebrated works, including "Sgt. Pepper's Lonely Hearts Club Band," "The White Album," and "Abbey Road." The class also will explore the reasons behind the band's breakup and briefly discuss the members' solo careers.

While not necessary, it is helpful for class members to have taken Part I of this class.

Barry Rothfeld is the retired president and publisher of the Poughkeepsie Journal. He is an active community volunteer, serving on the boards of various non-profits including Vassar Brothers Medical Center, United Way, Bardavon Theater and others.

The Beatles, A Magical Musical Tour, Part II is the second course he has taught at Vassar College LLI, the first being the Beatles class in the fall. He previously taught five classes at Marist College's CLS.

Friday's: 11:05-12:20pm First 4 Week Classes (March 13-April 3rd)

History of European Classical Music

Presenter: Michael Lebovitch

Limit: 40

First 4 Weeks

A brief outline of History of European Classical Music, focusing on important events and personalities.
4 sessions:

1. Origins of classical music through Middle Ages, focusing on the Gregorian Chant, early polyphony, and the age of cathedrals.
2. Renaissance and Baroque era through Classicism, focusing on music for the church and court music.
3. Romanticism and birth of Nationalism, parallel evolutions in different parts of Europe.
4. Modernism, music of the 20th century through current time, focusing on many trends and styles of classical music today.

In all sessions, we will sample music that best represents the period under discussion.

The course will draw on parallels with historical events that affected the evolution of music, societal demands on music over time and socio-economic conditions that shaped musical tastes.

Michael Lebovitch is Music Director at Howland Chamber Music Circle, a chamber music series that stages 12 concerts in Beacon, in the acoustically wonderful Howland Center, a magnificent building designed by Richard Morris Hunt, of Gilded Age fame. Michael's education is in music (his aspiration was to become a conductor), starting at a university in the Ukraine and then at the Rubin Academy in Tel Aviv, Israel. He returned to music after a career in Information Technology. History of Music is a particular area of interest and fascination to him.

Friday's: 11:05-12:20pm First 4 Week Classes (March 13-April 3rd)

Book Art

Presenter: Pam Wright

Limit: 20

First 4 Weeks

"Book art" refers to books and book forms made by artists in which content is not limited by words alone. This class explores "the book" as a medium for a wide range of artistic expression. We will discuss how utilizing and expanding our concept of "book" challenges traditional methods of storytelling and enhances communication. Using a variety of materials (paper, cardboard and materials of their own choosing) participants will have the opportunity to experiment with making book art themselves. The class will run over into the lunch period by 15-20 minutes.

The first of the four classes will be lecture/PowerPoint to familiarize the group with a range of artists' books. The subsequent three weeks will be mostly hands on and give the students an opportunity to work with 3 or 4 of the basic conventions/forms underlying much book art. No experience is necessary, but students can utilize their own talents in creating book forms. This is not a bookbinding course.

Pam Wright is an art bookmaker and poet. For twelve years she taught creative writing to men in the Dutchess County Jail, and several of her books came from that work. She is interested in the interplay of text and material and the way in which an artist's book can express what words cannot. She works with a small collective of bookmakers in Dutchess County.

Friday's: **11:05-12:20pm** **First 4 Week Classes** **(March 13-April 3rd)**

Meet the Artists

Producer: **Carole Wolf**

Limit: 35

First 4 Weeks

Four talented, dynamic, and well-established Hudson Valley artists will share and present their artwork, style, media, and philosophy with participants. Their presentations will spark an interesting and interactive discussion.

These artists have been actively involved in our community and have exhibited extensively locally, nationally, and internationally. Their work is part of many private collections, museums, and also found in public places as Murals and Public Art Sculpture.

Suprina Kenny, Elisa Pritzker, Stacie Flint and **Monica Church** have planned 4 dynamic and informative presentations and discussions of their artwork.

March 13: **Suprina Kenny's** artwork centers on environmental, social and political issues. Currently she is working on Public Art Sculptures in the City of Poughkeepsie.

March 20: **Elisa Pritzker** is an Argentina born American artist working in a variety of two- and three-dimensional art media.

March 27: **Stacie Flint** paints in oil or acrylic on canvas. She paints for the joy of creation, to connect people, for the love of art!

April 3: **Monica Church** works in painting, photography, collage, and installation, as well as curating and designing exhibitions.

For 36 years **Carole Wolf** was the founder and executive director of Mill Street Loft, an arts and educational center in Poughkeepsie, now known as The Art Effect.

Under her professional leadership and community service, she created and developed cross generational programs such as the Dutchess Arts Camp, The Art Institute, and Arts for Healing.

She also taught visual arts in high school and at Dutchess Community College for 25 years. Carole is currently a member of LongReach Arts Cooperative and serves on the Curriculum Committee and General Council of Vassar College Lifelong Learning Institute.

Friday's: 11:05-12:20pm First 4 Week Classes (March 13-April 3rd)

Secrets that Wall Street Does Not Want You to Know

Presenter: **Richard Nathan**

Limit: 40

First 4 Weeks

Richard Nathan is strictly a consumer advocate and is not licensed in any way. He will teach you financial information that you are not supposed to know and were never taught in high school or college. You will be taught how to invest with or without a financial planner and how to invest in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners. You will also learn where people have done well and where they have been taken advantage of financially.

Richard Nathan is strictly a consumer advocate. He has been successfully teaching this class for over 34 years. He has been teaching this course at adult continuing education programs at Westchester Community College, Columbia-Greene Community College, Mount St. Mary's College Life Long Learning, and CUNY Brooklyn Technical College among other programs.

Friday's: 11:05-12:20pm First 4 Week Classes (March 13-April 3rd)

The Actors and Directors Lab

Presenter: **Roger Hendricks Simon**

Limit: 15

First 4 Weeks

Designed for actors and directors of all levels, Mr. Simon will direct an introductory basic workshop using the personal technique he has used at his award-winning SIMON STUDIO (currently in its 41st year in NYC). Included will be physical and vocal (production and diction) warmups, improvisation, sensory exercises, character development, cold reading, audition technique, live and on camera monologues and scene study (contemporary, classical and scripts from new playwrights)

Roger Hendricks Simon: A graduate and founding member of Robert Brustein's Yale Repertory Company, Roger directed/acted for NY Shakespeare Festival, London's Royal Court Theatre, Dublin's Abbey Theatre, Lincoln Center, BAM, La Mama, Roundabout, Juilliard Opera, L.A. Theatre Center, Williamstown.

Elected to Notable Names in American Theatre, he directed the world premiere of Mihai Grunfeld and Sarah Levine Simon's *The Dressmaker's Secret* Off Broadway, and teaches at his Simon Studio (since 1978) in New York City.

Films: Oliver Stone's "Wall Street 2" opposite Michael Douglas, lead in "The Sublet" and the current "Love in Kilnerry" and produced "The Boys of Late Summer" (Newport Beach Film Festival).

Friday's: 11:05-12:20pm Last 4 Week Classes (April 17-May 8th)

American Utopias

Presenter: **Sandra Opdycke**

Limit: 40

Last 4 Weeks

Throughout history, people have periodically banded together to build new utopian communities, designed to be purer or happier or fairer than the society around them. The four lectures in this course

will explore several dozen American utopias, ranging from the Shaker villages of the early 1800s, to the Kansas towns built by former slaves in the 1880s, to the hippie communes of the 1960s, to the Disney Corporation's town of Celebration, Florida, in the early 2000s.

Suggested Readings: I will distribute as the course progresses.

Sandra Opdycke, Ph.D., has published books about the woman suffrage movement, the flu epidemic of 1918, the WPA of the 1930s, Bellevue Hospital, and Jane Addams, as well as several co-authored books on social policy. She worked for a number of years at Hudson River Psychiatric Center, and later taught American History and Urban History at Bard, Vassar, and Marist Colleges. She serves as an occasional lecturer at the Center for Lifetime Studies.

Friday's: 11:05-12:20pm Last 4 Week Classes (April 17-May 8th)

Favorite Chamber Music

Presenter: Paul Stoddard

Limit: 25

Last 4 Weeks

This class is an overview of classical chamber music with an emphasis on pieces that have a strong emotional appeal. We will listen to excerpts from pieces that are considered audience favorites and will discuss the differences between chamber music and other types of music. Mostly, we will explore why some pieces make us happy, sad, inspired or introspective. The most famous composers will be sampled – Mozart, Beethoven, Mendelsohn, Dvorak, etc. – as well as others. No prior experience with classical music is required.

Mr. Stoddard is a retired computer systems architect and teacher living in Poughkeepsie. He has a BA degree from the University of Rochester and a performance certificate from the Eastman School of Music. He worked at AT&T for 38 years as a computer programmer, manager, technical specialist, and systems architect, and taught Technology & Ethics at the Vassar LLI in the Fall of 2019. He also sings with the Poughkeepsie choir, Cappella Festiva, and attends many Hudson Valley chamber music concerts.

Friday's: 11:05-12:20pm Last 4 Week Classes (April 17-May 8th)

Qi Gong - Going with the Flow

Presenter: Lorraine Hughes

Limit: 25

Last 4 Weeks

Qi Gong is an essential therapeutic modality utilized by Chinese Medicine to assist bringing a person to a balance of Mind-Body-Soul – into a unity of One.

The practice of Qi Gong empowers us by utilizing our own inherent energy or life force in order to shift imbalance which in turn centers, calms and enhances vitality. This is achieved through the combination of mindful breathing and intentionally expressed movements which allow us to flow within our nature. These movements are “simple yet powerful” and can be done by the young and old alike.

Please wear comfortable loose clothing. Class is usually done barefoot. If wearing socks, try to use the ones with grip pads.

Lorraine Hughes (RH) AHG is a practicing Therapeutic Herbalist and Educator. Sole Proprietor of Empowered By Nature, with offices in Fishkill and New Paltz, NY.

Credentials

Professional Member - The American Herbalist Guild.
Registered Herbalist (AHG)
ARCB Board Certified Reflexologist
USUI /Tibetan Reiki Master Teacher and Karuna Reiki
Certified Instructor – Holden Qi Gong
Aroma Acupoint Practitioner

Friday's: 11:05-12:20pm Last 4 Week Classes (April 17-May 8th)

Selected Current Economic Issues

Presenter: Robert Rebelein

Limit: 40

Last 4 Weeks

Four professors from Vassar's Economics department will each present a lecture on a topic of current interest:

Professor David Kennett will talk about Brexit

<https://www.vassar.edu/faculty/kennett/>

Assistant Professor Sukanya Basu will talk about Immigration

<https://www.vassar.edu/faculty/subasu/>

Associate Professor Ben Ho will talk about the Ethics and Economics of Climate Change

<https://www.vassar.edu/faculty/beho/>

Associate Professor Robert Rebelein will talk about China

<https://www.vassar.edu/faculty/rebelein/>

Friday's: 11:05-12:20pm Last 4 Week Classes (April 17-May 8th)

Slavery, Antislavery and the Underground Railroad

Presenter: Peter Bunten

Limit: 40

Last 4 Weeks

This course will examine the history of slavery, antislavery activities, and the Underground Railroad in the Mid-Hudson Valley. After a look at the development of racial slavery in the United States, we'll turn our attention to slavery in the North and Dutchess County, and how our local history fits within the national build-up to the Civil War and post-Civil War attitudes toward the emancipated men and women. We'll also look closely at freedom seekers and the contours of the Underground Railroad. Light readings, class discussions, a workshop on understanding "runaway slave" advertisements ... and singing of abolitionist songs!

Peter Bunten is chairman of the Mid-Hudson Antislavery History Project, located in Poughkeepsie, with which he has been affiliated for eight years. He has presented multiple lectures on slavery and antislavery in the Mid-Hudson region, as well as teacher workshops on abolitionist songs and "runaway slave" advertisements. He currently serves as a member of the Black History Project Committee of Poughkeepsie and the Underground Railroad Consortium of New York State. He is a graduate of Marist College and received his M. A. in historical studies, with a concentration in Public History, from the University of Maryland, Baltimore County.

Friday's: 11:05-12:20pm Last 4 Week Classes (April 17-May 8th)

The Law of Privacy

Presenter: Ernest Giglio

Limit: 25

Last 4 Weeks

This is Part One of a projected two-term course on the right to privacy as it has developed in the United States. In the first part we concentrate on the civil tort of privacy and the eventual development of a constitutional right to privacy. No legal knowledge is required.

17 April: Overview: Why privacy is important. Who are the privacy invaders? Why privacy is a hard case.

24 April: The creation of a constitutional right to privacy.

1 May: The Civil Tort of privacy.

8 May: Privacy exercises and the 4th Amendment.

Suggested Readings:

1. Raymond Backs, *Privacy: A Very Short Introduction* (Oxford, UK: Oxford U Press, 2015)
2. Samuel Warren and Louis Brandeis (1890). "The Right to Privacy," *Harvard Law Review*, vol. 4
3. James B. Rule. *Privacy in Peril* (Oxford U Press, 2007)

Ernest Giglio is Emeritus Professor of Politics and American Studies and a Fulbright Scholar. He has taught overseas in England, Egypt, Finland and Switzerland and in several American colleges, including Dickinson College (PA), Villanova University (PA), University of Akron (Ohio) and Lycoming College (PA). He spent two years teaching one course over closed-circuit television. He has written two books, chapters in eight books written by others, and articles in both domestic and international journals.

Friday's: 1:45-3:00pm 8 Week Classes (March 13-May 8)

Folk Dances of the Balkans

Presenters: John and Gunila Feroe

Limit: 40

8 Weeks

This class is an introduction to Balkan folk dancing, principally Bulgarian, Greek, Macedonian, and Serbian, with dances from other regions included as time and interests allow. All of the taught dances will be done holding hands in an open circle, so partners are NOT needed to participate. One of the characteristics of dances from this region is a rich variety of rhythms, including many with odd (5,7,9,11,...) time signatures. The goal will be to start with basic dances and rhythms before venturing as far as time and interests allow.

John and Gunila are long-time folk-dance enthusiasts, having first met in 1980 at a folk-dance workshop in (then Yugoslav) Macedonia. Since retiring from their teaching/administrative positions at Vassar (**John:** *Mathematics and Assistant to the President*, **Gunila:** *Swedish and Coordinator of the Self-Instructional Language Program*), they have sought out opportunities to participate in dance events, whenever and wherever, and are eager to share their enthusiasm with others.

Friday's: 1:45-3:00pm 8 Week Classes (March 13-May 8)

OYEZ & OY VEH: The Supreme Court's Landmark Cases

Presenter: Mickey Steiman

Limit: 20 8 Weeks

Established in 1789, the Supreme Court of The United States (SCOTUS) has decided about 30,000 cases. Most have long vanished in the ether of historical legal reasoning. A score of SCOTUS decisions, however, stand out as "landmarks" and helped to form and change, sometimes for the better and sometimes for the worse. American history and society. Through reading the actual opinions and class discussion, this course will examine, as time allows, the reasoning and background of a dozen or so of the most significant SCOTUS decisions from Marbury v. Madison to Citizens United v. Federal Election Commission ---and beyond.

This course will involve a significant amount of reading of the SCOTUS opinions.

Mickey Steiman: A.B. Colgate University 1968; J.D. Syracuse University College of Law 1972; Senior trial attorney, Office of Special Litigation, United States Department of Justice, Washington, D.C. 1972-1980; 35 years of private practice in Dutchess County; Adjunct Professor, Marist College, Poughkeepsie, NY (1982-1989).

Friday's: 1:45-3:00pm 8 Week Classes (March 13-May 8)

Short Stories

Presenter: Judith Saunders

Limit: 40 8 Weeks

We'll read and discuss short stories by Edith Wharton, Somerset Maugham, Elizabeth Bowen, Jeffrey Eugenides, and others (one per session).

Judith Saunders is Professor of English at Marist College. She has published literary criticism on a wide variety of authors and topics (Franklin, Thoreau, Hawthorne, Whitman, Crane, Wharton, Woolf, Swenson, Bishop, and others). Her books include *The Poetry of Charles Tomlinson: Border Lines*, *Reading Edith Wharton Through a Darwinian Lens: Evolutionary Biological Issues in her Fiction*, and *American Classics: Evolutionary Perspectives*. She also has published short stories, humor, and creative nonfiction.

Friday's: 1:45-3:00pm 8 Week Classes (March 13-May 8)

Timeless Goddess/Modern Times: Awakening the Divine

Presenter: P.M. Vincenza Dante

Limit: 20 8 Weeks

This class (open to all genders) invites us to encounter the Goddess across world cultures, emphasizing Her important role in human history, art and literature. We will examine the attributes of the Crone Goddess, largely misunderstood and maligned in contemporary society through Her association with taboo subjects of aging and death. Learn how Her exile has impacted the role of elder women in Modern Times. Class will be informative, encouraging personal growth and reflection through discussion, group writing, & creative visualization. Members are encouraged to vision an Awakened Feminine world in which Elder Women (Crone Goddesses) are honored, respected change-makers.

This course does not require a particular belief system or religious affiliation. The course aims to explore the Goddess archetype (or Divine Feminine) from multiple perspectives and cultural lenses to notice the relationship of particular belief systems to the way women are treated and viewed.

P.M. Vincenza Dante is a Mental Health Consultant, Workshop Leader and Educator with a lifelong interest in cross-cultural spiritual traditions and feminist issues. The topic of the Crone Goddess relates to a book she is writing for women at Midlife, "Clouds Over the Moon: Healing Voices for the Journey." Ms. Dante is a Licensed Creative Arts Therapist, a Clinical Social Worker and an ordained minister for a non-denominational church. Her lifelong interest in spiritual traditions and healing arts led her to Nepal, Tibet and India and she has been involved in Kundalini Yoga practice for 25 years.

Friday's: 1:45-3:00pm First 4 Week Classes (March 13-April 3rd)

America's Two Traditions: Racism & Race Amity

Presenters: Sven Thiessen, Deirdra Jen Brown, Tamara Bond-Williams **Limit: 40** **First 4 Weeks**

Poughkeepsie's Race Unity Circle holds public meetings for participatory experiential learning about race. Trained facilitators from the RUC's membership will present excerpts from "Race: The Power of an Illusion" and "Race Amity: The Other Tradition." These two ground-breaking documentaries serve as the foundation for subsequent courageous conversations about race. Ground rules encourage open & honest dialogue, allowing attendees to approach the material from their own perspectives, express their own thoughts, absorb those of others, and gain new insights at their own pace. "Implicit Bias" offered in Session II, is a companion course. Enrollment in both is strongly recommended, though not required.

Poughkeepsie's Race Unity Circle grew out of an urgent call to action felt by a few members of the Baha'i Faith in response to the news coming out of Ferguson, Missouri. Though started by Baha'is, the Circle quickly became multi-cultural and multi-faith. We believe that all people are members of one race: the Human Race. The elimination of racism from our communities is not just an aspiration; it is a spiritual imperative that requires sustained, persistent action.

Join us at 7PM on the third Wednesday of each month at Poughkeepsie's Underwear Factory (8 North Cherry Street). *Find us at facebook.com/theraceunitycircle.*

Sven Thiessen, Deirdra Jen Brown, Tamara Bond-Williams, three members of the Race Unity Circle are teaming up to produce this series of lessons on behalf of the RUC.

Friday's: 1:45-3:00pm First 4 Week Classes (March 13-April 3rd)

Harnessing Creativity

Presenter: Christina Fusco **Limit: 25** **First 4 Weeks**

Beyond academic techniques and practice, meaningful art making requires the maker to harness personal expression and creativity. The ideas surrounding "Creative Aging" suggest creativity expands and peaks in later life so students will be able to grow their creative voice and confidence through exercises encouraging spontaneous mark-making, open associations, and the abstraction of ideas. As a

class, students will take steps to overcome personal reservations or anxieties which limit their creative potential. Students will leave this workshop with a toolbox of processes that can enhance their artmaking, making it more personal, therapeutic and true to their own ideas.

Christina Fusco has her Masters in Art Therapy and Creativity Development from Pratt Institute. For the past 6 years, she has taught at schools, private studios, community centers and art museums in NYC, working with students from ages of 18 months to 89 years old, recognizing the importance of self-expression and development in all stages of life. Based in Kingston, NY, her personal practice is in watercolors, gouache, and oil painting. She also works at the Barrett Art Center as an Outreach and Programs Coordinator.

Friday's: 1:45-3:00pm First 4 Week Classes (March 13-April 3rd)

Maps, Navigation and Discoveries in the Middle Ages

Presenter: Jean-Claude Fouéré

Limit: 20

First 4 Weeks

Looking at maps from the 11th to early 17th centuries, we will navigate the ancient shores of the Mediterranean Sea, and the Western shore of Africa. We will round the Cape of Good Hope and sail with Portuguese navigators to the Indian Ocean and beyond to South East Asia in search of precious spices. Following in Columbus's wake, we will sail the Atlantic Ocean to the newly found shores of the Americas and sail across the Pacific Ocean to South East Asia.

The maps will also give us an idea of the evolution and improvement in navigation techniques and instruments, and of ocean sailing ships, and will highlight the fierce competition among European naval powers for the discovery and conquest of new territories, and of the exploitation and trading of newly discovered riches.

The course material is covered in four classes. It will be capped, for those interested, by a visit to the Maps Section of the NY Public Library in Manhattan to look at actual maps.

Jean-Claude Fouéré is active on the Executive Committee of the Adirondack Mountain Club (www.ADK.org). He is chairing the Board of Directors of Canada-based Light Up The World (www.LUTW.org) a Canada-based NGO dedicated to the installation and use of photovoltaic systems and LED lights in remote areas of Central and South America which do not have direct access to the electricity grid.

Jean-Claude Fouéré enjoys many of the outdoor activities that the Hudson Valley and the Adirondack Mountains offer, winter and summer alike. He has a strong interest in geography and history, and a passion for maps.

Friday's: 1:45-3:00pm Last 4 Week Classes (April 17-May 8th)

Altered Book Art Journals

Presenter: Laura Tringali Holmes

Limit: 10

Last 4 Weeks

An introduction to engineering an old book into a multi-dimensional reflection of your thoughts and feelings, this class will explore how to deconstruct and rebuild a book into a medium for visual storytelling. We'll be using vintage (pre-1950s) hardcover books with sewn (not glued) bindings because their irregularities impart instant character, helpful in jumpstarting a classroom project where wet media

usage is restricted. Your altered book won't be finished in four sessions, but you'll certainly be off to a running start.

Session One will cover structural preparation of the book, including removing pages, adding pages, fortifying pages, building special sturdy pages, and selectively incorporating found words.

In **Session Two** we'll create basic architectural features such as doors, windows, portholes, pockets, flip-ups, trifolds, accordions, and tip-ins.

Session Three will cover the construction of dimensional elements (such as puppets and paper dolls).

Session Four will expand decorative/expressive themes by exploring the incorporation of various types of imagery.

Students bring: Old book (hardcover, pre-1950s) with sewn, not glued, binding; various adhesives/tapes; cutting mat or board; cutting tools (scissors, craft knife); ruler, pencil, brown paper bag—each student will receive an email detailing supplies before class.

Instructor provides: Vintage and decorative papers and texts, transparencies, ephemera, hardware, embellishments, paper cutters, and various specialty materials.

Please note that Vassar LLI student Rachel Weiner, who works with old books at the public library, has volunteered to assist with students' acquisition of old hardcover books, allow use of her ephemera collection in class, and manage classroom logistics.

Laura Tringali Holmes has been altering books since 2009, and is still surprised that her work has traveled to almost as many cities as she has. She started bookwork for stress relief from the City University of NY, where she worked designing and implementing College-Bound programs for Bronx adolescents. Her first solo art show, in 2010, was titled "The Strange, the Surreal, & the Sentimental," which pretty much sums up her approach to art.

Friday's: 1:45-3:00pm Last 4 Week Classes (April 17-May 8th)

Beginners Guide to Smart Phone Use – Apps and Social Media

Presenter: John Wargo

Limit: 20

Last 4 Weeks

This course is designed for anyone interested in using their Smart Phone in a safe, secure and fun manner. The course will cover the basics of phone security, how to productively use various apps, and how to navigate the confusing world of social media. Over this 4-week class, I'll demonstrate several useful apps for Travel, Photography, Fitness & Well Being, Investments, Sports, News, Weather, Beer & Wine, and email access. I'll also discuss how to safely navigate many Social Media apps, including Facebook, WhatsApp, Instagram, LinkedIn and others.

The class will be focused on Android phones, however many of the apps can also be used on an iPhone.

- IBM Senior Engineer & Program Manager; retired in June 2018 after 38 years
- Lions Clubs International volunteer for over 28 years, serving in various positions at the Club, District, State and International level

- LinkedIn profile: www.linkedin.com/in/johnwargo1
- Facebook profile: www.facebook.com/john.wargo.923

Friday's: 1:45-3:00pm Last 4 Week Classes (April 17-May 8th)

Implicit Bias: A Deep Dive into our Individual and Collective Consciousness

Presenters: D. Jen Brown and Anne Gardon

Limit: 20

Last 4 Weeks

Building on the work of Poughkeepsie's Race Unity Circle (<https://www.facebook.com/thepoughkeepsieraceunitycircle>), this experiential team-taught course invites participants into an inquiry about what implicit bias is and how it operates at personal, institutional and societal levels. Over four weeks, participants will learn about key concepts from contemporary brain science, the distinction between implicit association and implicit bias, key triggers of racial bias in diverse settings, as well as various strategies for disrupting racial bias. Participants will be expected to do some minimal outside preparation and reading to enrich classroom exercises and dialogue in small and large groups.

This course is appropriate for all participants – whether you are deeply engaged in thinking about the construct of race (and racism) and how it affects everyone's lives or you are just beginning to learn. It is a good complement to the two other courses proposed by the Race Unity Circle: "America's Two Traditions: Racism and Race Amity" and "Courageous Conversation about Race and Racism." "Implicit Bias" and "America's Two Traditions," offered in Session I, are companion courses. Enrollment in both is strongly recommended, though not required.

D. Jen Brown is a civil rights attorney in Poughkeepsie. She is a founding member of the Race Unity Circle and has spoken to local and national audiences on race and racism. She has a degree in American History, and a J.D. from the University of Chicago School of Law.

Anne Gardon is a consultant and coach specializing in strategy, leadership development and organization change. Her firm Strategies for Change Now is dedicated to increasing the impact of non-profit organizations. Together, the presenters have many years of experience leading courageous conversations.

Friday's: 3:20-4:35pm 8 Week Classes (March 13-May 8)

Art Thefts and Forgeries of the 20th Century

Presenter: Matt Soltis

Limit: 40

8 Weeks

Throughout the history of art, many iconic masterpieces vanished. In 1913, the world's most well-known masterpiece, the Mona Lisa, was recovered in Italy two years after she went missing. Three decades later, Hitler's art dealer, Hildebrand Gurlitt, looted a troth of paintings stolen by the Nazis. This is just the tip of an iceberg that descends into the deepest criminal underworld where art crime is not only a business, but a way of life.

The students will choose their favorite artwork and be challenged to create their own interpretation of it using the materials required (Charcoal, Drawing Pencils, Oil Pastels). Only basic sets of each will be required as this activity is designed to suit both experienced artists and beginners. This hands-on element of the course is purposed with instilling excitement in the students when it comes to learning

about the history of art crime.

Matt Soltis: Art for me began at Mount Saint Mary College in Newburgh where I earned my bachelor's degree in history with a minor in art. During my time there I discovered more than just a passion for the history of art, but also a love for creating it. Since then I became a member of the Cornwall Arts Collective and presented several lectures throughout the Hudson Valley. As an oil painter, I believe I can offer a special insight on the methods and techniques of the great masters of the past.

Friday's: 3:20-4:35pm 8 Week Classes (March 13-May 8)

Authoritarianism and the Arts

Presenter: Chuck Mishaan

Limit: 40

8 Weeks

This course will examine how the literary, visual and performing arts have functioned in authoritarian societies, the role they play in supporting or opposing those societies, and some of the consequences of dissident artistic expression. The course will discuss specific literary works and present video excerpts of relevant performances.

Chuck Mishaan lectures and writes on the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on Opera as Politics for several years at Vassar LLI and other area LLIs, is a guest lecturer at the Bardavon and has been a lecturer at the Rhinebeck Chamber Music Society.

Friday's: 3:20-4:35pm 8 Week Classes (March 13-May 8)

Economics and Issues of the Day

Presenter: Andy Weintraub

Limit: 40

8 Weeks

Should international trade be free? Do minimum wages raise incomes? Do price controls keep prices low? Why are the rich ... rich? Does government spending stimulate the economy?

Applying the basic principles of college level economics to these and other current economic issues, we'll develop our answers from an economic, rather than a political, point of view.

Suggested Readings

Will be assigned as the semester progresses.

Dependent on issues of the day.

Andrew Weintraub is a former professor of economics at Temple University, a forensic economist who specializes in estimating the value of lost earnings, a magician, and the founder and past president of The CENTER for the Performing Arts at Rhinebeck.

Friday's: 3:20-4:35pm 8 Week Classes (March 13-May 8)

Our Bodies Our Selves: The Feldenkrais Method

Presenters: **Drew Minter and Carolyn Palmer**

Limit: 20 8 Weeks

In this course we develop our somatic and proprioceptive awareness through movement, getting to know ourselves more deeply through the lessons of Moshe Feldenkrais. Dr. Feldenkrais (1903-1984) was a scientist, athlete, martial artist, dancer and educator who, in response to his own injuries and recoveries, developed over 1500 lessons for better functioning. Each lesson comprises a series of gentle movements which guide us in learning better and more elegant strategies for moving, breathing, and being. A person of any age or level of physical ability can take part in this work with benefit.

Participants must be able to get down onto and up from the floor, are encouraged to wear comfortable clothing for working on mats on the floor, and to bring a small towel for under face and/or neck.

As an internationally known countertenor for four decades, **Drew Minter** sang leading roles in the opera houses of America and Europe, performing with many of the world's foremost baroque orchestras, and making over 70 recordings. Now a senior lecturer in music at Vassar College, Drew teaches workshops in the singing and acting of opera, integrating his work as a Feldenkrais practitioner and the Viewpoints acting work.

Carolyn Palmer, also a Feldenkrais practitioner, is a Vassar Professor of Psychology with research focused on perception/action, learning and development across the lifespan, including Feldenkrais and ChildSpace lesson learning.

Friday's: 3:20-4:35pm 8 Week Classes (March 13-May 8)

Vassar Science Sampler

Producer: **David Bloom**

Limit: 35 8 Weeks

This is an 8-week course that features a presentation by a different member of the science faculty at Vassar College each week:

March 13 Christopher Smart, Chemistry

March 20 Robert Augustine, Biology

March 27 Zack Cofran, Anthropology

April 3 Kate Susman, Biology

April 17 Bill Straus, Biology

April 24 Fred Chromey, Astronomy

May 1 Colin Aitken, Biology

May 8 Jose Perillan, STS and Physics

David Bloom is a retired special education teacher with a strong interest in creating community. This is the third presentation of this well-attended course.

OFF-CAMPUS COURSES

Observational Drawing: The Hand Eye Connection

Wednesdays 11:00-12:30pm **Apr 15, 33, 29, May 6**
at The Art Effect (45 Pershing Ave, Poughkeepsie, NY 12601)

Limit: 12 4 Weeks

Gain confidence in your understanding of how to render objects and the human figure from life. You will strengthen the tie between your eye and hand through a combination of direct observation and unconventional drawing exercises. Each exercise is designed to help you amplify your sense of touch, hone the details your eye is capable of understanding, and translate what is fully seen to your drawing surface. This is an entry level course for individuals at all skill levels and especially for those looking to reinvigorate their drawing practice.

Students will make a \$5.00 contribution to The Art Effect towards the cost of a live model.

Presenter: Jordan Sanford Director of Artistic Advancement at The Art Effect, a nonprofit arts education organization in Poughkeepsie. The Art Effect empowers people to develop their creative voice in order to shape their future and bring about positive social change. As the former Assistant Director of Undergraduate Admissions at the Maryland Institute College of Art (MICA), from which he graduated in 2007, he has advised and supported the portfolio development process for countless young emerging artists from around the country. Jordan combines his skills and training in sculpture, drawing, illustration, and creative writing through his work in performance art.

SPECIAL EVENTS

Hidden Treasures of the Hudson Valley

Producer: Diana Salsberg

Limit: Unlimited APRIL 1

The Hudson Valley is rich in history and the nation's past comes alive with its many lesser-known sites that now welcome visitors to experience their contributions to the founding of the region and the nation's heritage and culture.

In his "Hidden Treasures of the Hudson Valley" Vol. 3, Anthony Musso identifies 55 lesser-known but historically rich sites, which played an important role in the foundation and establishment of the region. He will speak to us about some of them in order to gain a better understanding of a myriad of structures, open space and important landmark properties and their relation to the region's past.

Anthony P. Musso Following a 38-year career as a writer/editor for the federal government, Anthony Musso has authored eight books to date while also writing a weekly newspaper column about the history of the Hudson Valley region for the Poughkeepsie Journal. He is also a freelance journalist for national magazines including Downbeat, Sports Collectors Digest and Philatelic Times, among others. Musso is a public speaker who presents about 75 programs each year about a variety of topics to colleges, senior citizen centers, the AARP, retired teachers and civil service organizations and historical societies. He resides in the Town of LaGrange, Dutchess County.

The Great War on Film

Presenter: **Sybil DelGaudio**

Limit: Unlimited **APRIL 23**

World War I has been the subject of many feature films, both fiction and non-fiction. This evening, we will look at the way in which three movies, spanning many decades, have dealt with this subject. As part of the presentation, we will screen Stanley Kubrick's *Paths of Glory* (1957) in its entirety. Following the screening and using film clips, we will look at the ways in which that film and two other works—Jean Renoir's *Grand Illusion* (1938) and Sam Mendes' *1917* (2019)—have dealt with the same subject, focusing on how the historical, political and cultural contexts as well as directorial style, have influenced the final outcome.

Sybil DelGaudio was a Professor of Radio, Television and Film at Hofstra University where she also served as Dean of its School of Communication. She has written journal articles and books on film history and theory. Combining her interests in animation and documentary, she has directed two projects for public television: *Animated Women* and *Independent Spirits*. Both films have been shown on PBS stations around the country and at international film festivals, garnering festival prizes as well as an Emmy for *Animated Women*.

Visit to Art OMI Thurs May 7th, 2020

Producer: **Diana Salsberg**

Limit: 45 **MAY 7**

Art Omi presents the works of contemporary artists and architects and offers the opportunity to experience a range of large-scale works in a singular outdoor environment, plus a 1,500 square foot gallery. The Sculpture & Architecture Park currently offers more than 60 works of art and architecture on view, with pieces added or exchanged each year.

1405 County Route 22,
Ghent, N.Y. 12075
Tel: (518) 392-4747
info@artomi.org

This is a first come first serve event to a maximum of 45 seats.

There will be a bus leaving from the South Lot.

Details to follow.

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