

# LIFELONG LEARNING INSTITUTE VASSAR COLLEGE



VCLLI  
FALL 2022

# **LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE**

## **FALL 2022 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.

**This Semester Classes Will Be Conducted In Person And Via Zoom.**

### **IMPORTANT INFORMATION ABOUT CLASS LIMITS:**

Members can register for a maximum of three Eight-Week courses per semester:

Six-Week and Eight-Week classes count as Eight-Week courses.

Two Four-Week classes can be combined to equal one Eight-Week course.

Single Session classes do not count against the above limits.

When selecting courses, please note the dates they meet.

Only LLI members may participate in classes; no guests are permitted

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

### **FOR ZOOM ACCESS AND LOGIN INSTRUCTIONS,**

**YOU WILL BE CONTACTED BY YOUR INSTRUCTOR OR CLASS MANAGER**

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# LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

## FALL 2022 SCHEDULE

### SINGLE SESSION CLASSES IN PERSON

<b>Special Date and Time:</b> Friday, Oct. 7 @5:00 PM – 6:30 PM	
Songs of the Hudson Valley	5
Wednesday, Oct. 12 @11:00 AM	
A Visit To Art OMI	6

### SINGLE SESSION CLASSES ON ZOOM

Wednesday, Sept. 28 @10:00 AM – 11:00 AM	
Keeping Children Safe: Recognizing Child Abuse	6
Wednesday, Oct. 19 @11:00 AM -12:30 PM	
Thomas Cole and His Views	6
Wednesday, Oct. 26 @11:00 AM -12:30 PM	
Let's Fall in Love! Animals' Dating /Mating Rituals	7

### OFF-CAMPUS CLASSES

All classes are FOUR WEEKS

<b>Four Wednesdays:</b> Sept. 21, 28; ( <i>No class Oct. 5</i> ), Oct. 12, 19 @1:00 PM - 2:15 PM	
Pickleball	7
<b>Four Thursdays:</b> Sept. 29; Oct. 6,13, 20 @10 AM	
Gentle Walks in the Hudson Valley	8
<b>First Four Thursdays:</b> Sept. 29; Oct. 6, 13, 20 @3:20 PM - 4:45 PM	
Gallery Tours	8
<b>Last Four Thursdays:</b> Oct. 20, 27; Nov. 3, 10 @3:20 PM - 4:45 PM	
Screen Printing on Paper and Textiles	9

### FRIDAY CLASSES IN PERSON

<b>9:30 AM – 10:45 AM</b>	
<b>Six Week Course (Sept. 23 - Oct. 28)</b>	
Meditation and Mindfulness	12

<b>First Four Week Courses (Sept. 23 - Oct. 14)</b>	
Psychology and Literature	13
Travel Through Asia	13
<b>Second Four Week Courses (Oct. 21 - Nov. 11)</b>	
Suminagashi—Ink Floating on Water	16
Hudson Valley Hospice & Grief: Anticipatory & Beyond	16
<b>11:05 AM – 12:20 PM</b>	
<b>Eight Week Courses (Sept. 23 - Nov. 11)</b>	
Miller's Men	9
Color Mixing & Color Theory	9
<b>Six Week Course (Sept. 23 - Oct. 28)</b>	
Fun Factoids and Tidy Tidbits of History	12
<b>First Four Week Courses (Sept. 23 - Oct. 14)</b>	
Introduction To Book Arts	13
Art Restoration of Oil Paintings	14
<b>Last Four Week Course (Oct. 21 - Nov. 11)</b>	
Tai Chi For Beginners	17
<b>1:45 PM – 3:00 PM</b>	
<b>Eight Week Courses (Sept. 23 - Nov. 11)</b>	
Shakespeare's <i>King Lear</i>	10
It's All in the Family: Film Melodrama and More	10
<b>First Four Week Course (Sept. 23- Oct. 14)</b>	
Duking It Out: Abstraction and Figuration in Art	14
<b>3:20 PM – 4:45 PM</b>	
<b>Eight Week Courses (Sept. 23 - Nov. 11)</b>	
Bridge for Beginners and Intermediate Players	11
Our Bodies/Our Selves: Awareness Through Movement	11
Landmark Literature of the 1920s	11
<b>First Four Week Courses (Sept. 23 - Oct. 14)</b>	
History of Photography: Landmark Moments	15
Astronomical Vision—Seeing with New Eyes	15

## TUESDAY CLASSES ON ZOOM

### 9:30 – 10:45 AM

#### Eight Week Courses (Sept. 20 - Nov. 8)

Mansions of the Hudson River	17
The Nature of Energy	18

#### Last Four Week Course (Oct. 18 - Nov. 8)

Financial Planning – the Certainty of Uncertainty	21
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<b>11:05 AM – 12:20 PM</b>	
<b>Eight Week Courses (Sept. 20 - Nov. 8)</b>	
Genealogy Basics	18
China, from Earliest Times through the Twentieth Century	19
<b>First Four Week Course (Sept. 20 - Oct. 11)</b>	
Artificial Intelligence - A Guided Tour	20
<b>1:45 PM – 3:00 PM</b>	
<b>Eight Week Courses (Sept. 20 - Nov. 8)</b>	
Living Sustainably: Nature's Way <i>(No class Oct. 4; class on Nov. 15)</i>	19
Religious Diversity in Dutchess County <i>(No class Sept. 27; class on Nov. 15)</i>	19
<b>First Four Week Course (Sept. 20- Oct. 11)</b>	
Mystical Caribbean	21
<b>Last Four Week Course (Oct. 18- Nov. 8)</b>	
Climate Action: How We Make A Difference	22
<b>3:20 PM – 4:45 PM</b>	
<b>Six Week Course (Sept. 20, 27; <i>(No class Oct. 4)</i>, Oct. 11, 18, 25; Nov. 1)</b>	
The Wide World of Wine	20
<b>Last Four Week Course (Oct. 18- Nov. 8)</b>	
Psychology and Film	22

## SINGLE SESSION CLASSES IN PERSON

**Special Date and Time:** Friday, October 7  
5:00 PM – 6:30 PM

### Songs of the Hudson Valley

Limit 100

*Location:* Blodgett Auditorium

**Presenter:** The Hudson Valley Folk Guild

A single session that explores folk songs of the Hudson Valley. The session will be presented by performing members of the Hudson Valley Folk Guild. We will sample some of the songs that tell the history, celebrate the people, and reflect the grandeur of the Hudson Valley.

**The Hudson Valley Folk Guild**, from its inception on July 29, 1979, has been dedicated to generating and maintaining interest in folk music throughout the region and providing folk musicians with opportunities to develop their talents through community performance. The Folk Guild has organized hundreds of benefit performances for many charitable organizations and nursing homes. From September to June, Guild members host three area coffeehouses monthly in Kingston, Rock Tavern and Poughkeepsie. In addition, the Guild hosts special events and concert series featuring some of the best-known nationally touring folk musicians today.

**Wednesday, Oct. 12**  
**11:00 AM**

## A Visit To Art OMI

Limit: 30

Location: Ghent, NY

**Coordinator: Diana Salsberg**

Situated on one-hundred and twenty acres in the Hudson Valley, Art Omi presents the works of contemporary artists and architects, and offers a range of large-scale works in nature, plus a 1,500 square foot gallery. The Sculpture & Architecture Park currently offers more than 60 works by artists and architects on view, with pieces added or exchanged each year.

We will meet at Art OMI (transportation to and from will be up to each individual member) for a tour of the collection. Since walking is the only way to get around the paths and trails, participants should anticipate grassy pathways and trails that are not all flat ground. Following the tour, for those who are interested, we will meet again at a restaurant location in nearby Chatham for lunch. We can pay our \$10 per person donation in advance or once there. More information will be available closer to the trip and we will confirm either a guided or self-guided (with information supplied by Art OMI staff) tour.

## SINGLE SESSION CLASSES ON ZOOM

All sessions occur on WEDNESDAYS

**Wednesday, Sept. 28  
10:00 AM – 11:00 AM**

### Keeping Children Safe: Recognizing Child Abuse

Limit: 100

**Presenter: Richard Keller-Coffey**

The presenter is from the Center for the Prevention of Child Abuse, an initiative intended to stop child abuse in our communities. Brief statistics related to local, statewide and national child abuse reports will be given. Child abuse is much more pervasive than people realize. It can take multiple forms and come from surprising sources. Attendees will learn the categories of child abuse, the signs abused children show, the long-term consequences of abuse, and what one can do to save a child and prevent others from being harmed. As adults, we should protect children. This will help you do that.

**Richard Keller-Coffey:** After serving in the Peace Corps (Nepal), Rick taught for twenty years in the high school and ten years in the middle school of the Poughkeepsie City School District. He currently serves on the Webutuck Board of Education and the Dutchess County BOCES Board of Trustees. Having worked for the betterment of children throughout his career, in retirement he continues this life mission by serving as the community educator facilitator for the Center for the Prevention of Child Abuse. He firmly believes that it is the role of all adults in a society to protect children, even if they are not your own.

**Wednesday, Oct. 19  
11:00 AM -12:30 PM**

### Thomas Cole and His Views

Limit: 100

**Presenter: Barry Ross**



Thomas Cole, the father of the Hudson River School of Painting, provided us through his paintings with wonderful views of the Hudson Valley, Catskills, New England and imaginary landscapes. Cole also provided us with his views about the changes being wrought by "unbridled" development in America. The class will explore both of Cole's views by looking at over twenty of his paintings and reviewing his writings.

**Barry Ross** is a retired attorney who practiced law at an international law firm in New York City. As a volunteer at ArtWorks NYC, Barry conducted tours at the Metropolitan Museum and taught virtual classes in New York City public schools for third and fourth graders. Barry is also a facilitator of the "Exploring and Enjoying Art" sessions offered by SelfHelp's Virtual Senior Center. Barry and his wife have had a home in the Hudson Highlands for more than twenty-five years.

**Wednesday, October 26**  
**11:00 AM -12:30 PM**

## **Let's Fall in Love! Animals' Dating / Mating Rituals** Limit: 100

**Presenter: M.J. Wyatt-Ross**

From baubles, bangles and houses...to dancing, wooing and singing, many wild animals show astonishing creativity and persistence in securing a mate. From one-night-stands to lifelong partnerships, these matchups offer amazing insights. Come explore the pursuits, rivalry, rejection, affection, reconciliation, peril and new beginnings. We'll see how leopards, bees, primates, wolves, penguins, spiders, fossas and more...seduce to protect the future of their species. Cara Mia...innamoriameoci!

**M.J. Wyatt-Ross** is an ambassador for New York City's Central Park Zoo, where she explains animal adaptations, mating rituals and environmental challenges. She also teaches a Zoom series about animals in their natural habitats around the world. During her professional career she has been a media spokesperson for corporations and other organizations, a senior public relations counselor and a developer of content and videos for global leadership summits. She has also been a speechwriter for a governor.

## **OFF-CAMPUS CLASSES**

**All classes are FOUR WEEKS**

**Four Wednesdays: Sept. 21, 28; (no class 10/5), Oct. 12, 19**  
**1:00 PM-2:15 PM**

## **Pickleball** Limit: 12

*Location: James Baird State Park, Pleasant Valley*

**Presenter: Vicky Weinblatt**

Beginner pickleball class. Will teach basic game, strokes, and strategy. Class participants must provide their own pickleball paddle and be steady on their feet. Physical movement is required for this class but can be tailored for all abilities.

Students will need to purchase pickleball paddles, which are available at Dick's Sporting Goods or Amazon.

**Vicky Weinblatt:** I have been an active pickleball player for the last two to three years and have enjoyed getting better and teaching others basic game play. I retired from IBM/GlobalFoundries two years ago and now spend time hiking, biking and generally remaining active.

**Four Thursdays: Sept. 29; Oct. 6, 13, 20  
10 AM**

## **Gentle Walks in the Hudson Valley**

Limit: 22

*Location: Various*

**Presenters: David Bloom and Mark Boujikian**

This course offers our members the opportunity to build community and get exercise and fresh air while enjoying the beauty of our Hudson Valley. Four walks are planned, each with an educational component. The walks range in length but are all in the easy category. This fall we will be going to Mohonk, Minnewaska, the Beacon Waterfront and The Culinary Institute. Each week, the class manager will send specific directions on where to meet at each location.

September 29: **Minnewaska**

October 6: **Mohonk**

October 13: **The CIA (Culinary Institute of America)**

*Please note that the program session at The Culinary Institute will have a \$12 charge per person.*

October 20: **Long Dock Park and the Beacon waterfront**

**David Bloom** is a retired teacher with a lifelong interest in the outdoors and in creating community. A former jogger, now a walker, David loves to explore the beauty of our Hudson Valley.

**Mark Boujikian** is a retired mental health counselor and lifelong resident of the wonderful Hudson Valley. He loves sharing its beauty with others on these walks and learning more about its history and ongoing creative energy.

**First Four Thursdays: Sept. 22, 29; Oct. 6, 13  
3:20 PM - 4:45 PM**

## **Gallery Tours**

Limit: 40

*Location: Various*

**Presenter: Anita Fina Kiewra**

This will be an in-person course that meets at various Poughkeepsie art galleries, including Cryptic Gallery, the Poughkeepsie Trolley Barn and the Washington Gallery at Dutchess Community College. We will also tour local murals. The class manager will send out the exact meeting locations and dates.

**Anita Fina Kiewra** is a teaching artist (M.S. Art Education, The College of Saint Rose) who works for Hudson River Housing leading HRH Made, an arts-based workforce training social enterprise for people transitioning from homelessness. She is manager of Hudson River Housing's community printmaking studio on the 2nd floor of the Poughkeepsie Underwear Factory.

**Last Four Thursdays: Oct. 20, 27; Nov. 3, 10  
3:20 PM - 4:45 PM**



## Screen Printing on Paper and Textiles

Limit: 10

Location: Underwear Factory, Poughkeepsie

**Presenter: Anita Fina Kiewra**

We will learn to prepare screens for screen printing in several methods and will create pieces on paper and on fabric, such as t-shirts, tea towels or tote bags.

Supplies will be provided for a fee of \$5.00.

**Anita Fina Kiewra** is a teaching artist (M.S. Art Education, The College of Saint Rose) who works for Hudson River Housing leading HRH Made, an arts-based workforce training social enterprise for people transitioning from homelessness. She is the manager of Hudson River Housing's community printmaking studio on the second floor of the Poughkeepsie Underwear Factory.

## COURSE DESCRIPTIONS

### FRIDAY CLASSES IN PERSON

#### EIGHT WEEK COURSES

11:05 AM – 12:20 PM

### Miller's Men

Limit: 35

**Presenter: Lou Trapani**

In this course, we will read three plays by Arthur Miller: *All My Sons*, *Death of a Salesman*, and *The Crucible*, and discuss the central male characters in each of them. Students will be required to purchase texts of the plays.

**Lou Trapani** is the artistic and managing director of The Center for Performing Arts at Rhinebeck. He has been involved in the theater since the spring of 1963, and has taught at the Lifelong Learning Institutes at both Bard and Vassar.

11:05 AM – 12:20 PM

### Color Mixing & Color Theory

Limit: 18

**Presenter: Marilyn Price**

This is a hands-on course in which participants will employ colored pastels in some exercises and colored paper in others, and possibly combinations of both. Throughout the course, students will be encouraged to experiment with color, to find their own color aesthetic, and to gain exposure to working in new ways with color. Some experiments will be based on Joseph Albers' book, *Color Interaction*, and other approaches will be from my own art background. Previous experience in art

or work with color is not necessary. This course is intended as a learning experience for each of us.

Students will need to have their own twelve-inch ruler, glue stick, pencil, and scissors. Pastels and paper, both colored and for pastel use, will be made available to class members.

**Marilyn Price** studied art in high school and at the Art Students League. She majored in painting at Cooper Union and did graduate studies at N.Y.U. and Columbia University in fine arts and art history. She chaired the art department at Columbia Preparatory School for twenty-nine years, teaching drawing, painting, A.P. art history, and ceramics and sculpture. She and her husband moved to Dutchess County in 1997, where she continues painting, making ceramics, and exhibiting her work. Over the years, she has taught drawing from observation and art history through the Marist CLS program and the Vassar LLI program.

**1:45 PM – 3:00 PM**

## **Shakespeare's *King Lear***

Limit: 30

**Presenter: Michael Foley**

Perhaps Shakespeare's most harrowing play, *King Lear* is filled with some of his most memorable characters, including Lear himself, two particularly frightening daughters, the bastard Edmund, the Fool, and more. We will consider some of the various approaches to the play (including at least one with a happy ending) and look at the ways in which it both resembles and differs from his other work.

Everyone should have a copy of the play. I recommend the Folger Library paperback, but any version will do. Participants should read Act I before the first class. We will proceed at roughly one act per week and will view a film of the play in the final three sessions.

**Mike Foley** is a retired high school English teacher. He taught at Poughkeepsie High School and Poughkeepsie Day School.

**1:45 PM – 3:00 PM**

## **It's All in the Family: Film Melodrama and More**

Limit: 35

**Presenter: Sybil DelGaudio**

The family has always been a suitable subject for the characteristic excesses of melodrama. Like the classic woman-at-risk, vulnerable and confined, the nuclear family serves as a neat, culturally packaged target for the external threats to its solidarity. But other film genres have also used the family as a collective protagonist, examining its efforts to maintain unity against the threats of disharmony and separation. This course looks at films that deal with the family, considering their cultural and historical contexts, as well as the ways in which each film's aesthetic principles and generic characteristics reflect its narrative and thematic concerns.

Participants will be asked to view chosen feature films prior to class meetings. These films will be available on Vassar Moodle, through various streaming services or through local library DVD collections. In-class screenings will include relevant film clips from those films as well as clips from other sources used for illustration.

**Sybil DelGaudio** is retired from Hofstra University, where she was professor of Radio, Television and Film, and served for six years as dean of its School of Communication. Her research has been published in

books and journals and her production work has combined her interest in animation scholarship with a passion for documentary, resulting in two projects she directed for public television: *Animated Women* and *Independent Spirits*. Both films have been shown on PBS stations around the country, as well as at international film festivals, garnering festival prizes, as well as an Emmy for *Animated Women*.

**3:20 PM – 4:45 PM**

## **Bridge for Beginners and Intermediate Players**

Limit: 24

**Presenter: Nick Garin**

This class is for beginners and intermediate players who need a refresher.

Recommended Reading: Dorothy Truscott's *Bid Better Play Better*.

**Nick Garin** retired eight years ago. He picked up bridge about twenty-five years ago after a lengthy layoff. His earliest bridge lessons were at the Unitarian Universalist Fellowship of Poughkeepsie with three "students", and over time, the club grew to about twenty-five people, all of whom were intermediate or better. COVID put an end to the in-person games, but he has continued to play, mostly online.

**3:20 PM – 4:45 PM**

## **Our Bodies/Our Selves: Awareness Through Movement**

Limit: 20

**Presenters: Drew Minter and Carolyn Palmer**

Vassar professors Drew Minter (Music) and Carolyn Palmer (Psychology) will present eight Awareness Through Movement lessons using the Feldenkrais Method. Moshe Feldenkrais developed over fifteen hundred lessons that bring students a heightened level of sensitivity and proprioceptive understanding through gentle, slow movements.

Suggested Readings: *Awareness Through Movement*, by Moshe Feldenkrais, and *The Elusive Obvious*, by Moshe Feldenkrais.

With this course, music lecturer **Drew Minter** uses his experience as an educator and high-level musician, as well as the fine tuning of Feldenkrais' viewpoints and deep listening, to help people listen more deeply to what their bodies and nervous systems are telling them, revealing keys to deeper truths.

Psychology professor **Carolyn Palmer** is a Feldenkrais Method Practitioner, and a ChildSpace Practitioner; both methods are empowering, embodied movement education approaches, grounded in psychological and developmental theory. Both teach how to move more easily and expansively.

**3:20 PM – 4:45 PM**

## **Landmark Literature of the 1920s**

Limit: 35

**Presenter: Chuck Mishaan**

The Roaring 20s saw the production of some of the greatest and most important literature of the twentieth century. Writers set a high standard of imagination and achievement in poetry, fiction and drama. Although the cornucopia of outstanding work is more than one semester could possibly address, this course will offer a survey, with select in-depth explorations, of the literary legacy of this 'Roaring' decade. The list of notables we might look at include T.S. Eliot, James Joyce, Edith Wharton, F. Scott Fitzgerald, Virginia Woolf, Langston Hughes, Eugene O'Neill,

Ernest Hemingway, William Faulkner, Gertrude Stein and many more. Readings will be suggested, but not required.

**Chuck Mishaan** has been presenting courses at Vassar LLI for many years, including his popular “Opera as Politics” series and recently, *The Roaring 20s*. His commentary on the intersection of politics and the arts continues with this course.

## FRIDAY CLASSES IN PERSON

### SIX WEEKS COURSES

**9:30 AM – 10:45 AM**

### **Meditation and Mindfulness**

Limit: 30

**Presenters: Linda Cantor and Ed Rosenberg**

Meditation has been part of wisdom traditions throughout recorded history. In today's tumultuous world, it is important for each of us to find ways to relax, to focus and to be with whatever life brings us with balance, clarity, and compassion. Using meditative practices, music, and wisdom teachings of different traditions, we will work together to increase our compassion, equanimity, and ability to live life fully in the present moment. Meditation will be an integral part of each class. This course is appropriate for both beginners as well as those who have an established meditation practice.

**Linda Cantor** is a retired teacher who has been practicing meditation for the past thirty years. She's attended workshops and silent retreats with Thich Nhat Hahn, Norman Fisher, Jack Kornfeld, David Cooper, Sylvia Boorstein and Tara Brach. Linda is also part of a sangha that meditates together weekly.

**Ed Rosenberg** has been practicing meditation for more than thirty years. He attended a four-year intensive training program with Jason Shulman and has attended many weeklong silent retreats with Sylvia Boorstein, Jeff Roth, and David Cooper.

Ed and Linda have co-led meditation classes for many years at both Marist and Vassar LLIs.

**11:05 AM – 12:20 PM**

### **Fun Factoids and Tidy Tidbits of History**

Limit: 30

**Presenter: Bob Ulrich**

I bought it "lock, stock, and barrel." He was just "a flash in the pan." Why do we tell our children to "sleep tight, but don't let the bedbugs bite!" Who "let the cat out of the bag?" There are so many phrases in our vernacular that we take for granted. We know how and when to use them, but what do they really mean?

**Bob Ulrich** is a local historian whose passion for American History started after his retirement from a thirty-year career with IBM. He teaches about the early Dutch starting modern life in America, the French and Indian War, and the Revolutionary War. Bob has lectured at all the area LLI's, plus various historic societies locally and in New Jersey. He is a regular contributor to Mohonk Mountain House's after dinner lecture

series. His picture-filled presentations and interesting factual highlights add a welcome touch to enjoying history.

## FRIDAY CLASSES IN PERSON

### FIRST FOUR WEEKS COURSES

9:30 AM – 10:45 AM

### Psychology and Literature

Limit: 30

**Presenter: Anne Constantinople**

The purpose of this course is to see what we learn about characters in fiction from the descriptions provided by the author and then to see how theories of personality amplify or challenge our understanding. We will do a lot of reading, and you will be encouraged to share your thoughts and opinions. This is not a lecture course but one that depends on the engagement of all of us to make the magic happen.

A final reading list will be available by August 15, but will include *Ordinary People* by Judith Guest, *Women in Sunlight* by Frances Mayes, and *Let's Take the Long Way Home* by Gail Caldwell. Students are expected to obtain the readings, through the library or otherwise.

**Anne Constantinople:** As a longtime Vassar College professor of psychology and teacher in the American Culture Program, Anne has been teaching a course like this for several years in the Marist CLS, and looks forward to seeing it evolve at Vassar.

9:30 AM – 10:45 AM

### Travel Through Asia

Limit: 30

**Presenter: John Wargo**

This course is for people who enjoy traveling. It's a comfortable way to hear about some of my own travel adventures through Asia, and will explore China, Thailand, Cambodia, Vietnam, and Sri Lanka. Please note that this is a travel course of firsthand experiences, so the presentation will include a wide variety of personal stories and pictures taken during my travels. The class is not an in-depth or historical look at a given county or region, but rather observations and stories from an active traveler.

**John Wargo** retired as a senior engineer & program manager in June 2018 after thirty-eight years at IBM, twenty-seven in microelectronics and the last eleven in the integrated supply chain. He is an active volunteer with over thirty-one years at Lions Clubs International, holding positions at the club, district, state and international levels. He joined the Vassar LLI in 2018 and the Marist CLS in 2019 and has presented several classes at both. He is currently a council member at large at the Marist CLS. His hobbies include sports, travel, and photography.

11:05 AM – 12:20 PM

### Introduction to Book Arts

Limit: 15

**Presenter: Pam Wright**

Artists' books are books or book-like objects that are intended as works of art. They can employ a wide range of forms, including the traditional form as well as less common forms like scrolls, foldouts, accordions, or even loose items contained in a box. One of the delights of artists' books is that one can be successful with simple forms and build on those forms to make works of art. This class will cover basic stitching, accordion forms and flag books. Participants will make four books and will see many images from the exciting world of book arts.

**Pam Wright:** I have been making artists' books for over 20 years. I am particularly interested in sculptural books and the relationship between text and book form. I am a member of the New England Book Artists and the Vermont Book Artists Group. I have exhibited my books in several shows and have taught book arts classes for the last ten years.

**PLEASE NOTE SPECIAL DATES:**

This course will begin on Sept. 30 and meet after that on Oct. 7 and 14. There will be a fourth class (to be scheduled in consultation with the students and the presenter) during a lunch period on one of the dates listed above.

**11:05 AM – 12:20 PM****Art Restoration of Oil Paintings**

Limit: 35

**Presenters: Matt Soltis and Paul Gould**

Over time, vibrant, colorful paintings erode into dark, dirty, and dingy fixtures on the wall. Using procedures executed with patience and precision, restorers can peel back the veil of time and discover what we've been missing. Artists Paul Gould and Matt Soltis will provide in-depth insights about cleaning, color matching, canvas repair and the ethics of restoring paintings.

**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 a passion for the history of art, and a love for creating it. Since then, I joined the Cornwall Arts Collective and have presented several art history lectures throughout the Hudson Valley. In 2019, I taught a course on art crime for the Lifelong Learning Institute at Vassar College. I practice art conservation with Hudson Valley artist Paul Gould.

**Paul Gould** was born in New York City in 1948, the son of prominent artists John Gould and Mary Gould. He attended Syracuse University and Marist College. After graduation, he became Managing Director of the Bethlehem Art Gallery, founded by his parents in 1957. Over the years he has studied with numerous prominent artists. Besides teaching at the Bethlehem Art Gallery, he taught painting at Mt. St. Mary's College, workshops in Europe, New England and on Princess Cruise Lines. Recently, he taught a painting workshop for Cadets at West Point. His restoration work has included work for individuals and museums.

**1:45 PM – 3:00 PM****Duking It Out: Abstraction and Figuration in Art**

Limit: 30

**Presenter: Reagan Upshaw**

Figurative and abstract art have co-existed since prehistoric times. But, for the past hundred and fifty years, figurative and abstract artists have sometimes found themselves at war with each other for the favor of collectors and critics. We will discuss the gradual abandonment of realism by European artists in the mid-nineteenth century, the adaptation of abstract styles in the twentieth



century, and a subsequent reassertion of realism. The Impressionists, other abstract precursors, Cubism, Constructivism, De Stijl, Social Realism, Abstract Expressionism, Pop Art, Photo Realism and Zombie Formalism will be covered.

**Reagan Upshaw** is an art dealer and a member of the Appraisers Association of America. His art criticism has appeared in *Art in America*, *Art & Auction*, *The Kresge Museum Bulletin*, *The Magazine Antiques* and many other publications.

**3:20 PM – 4:45 PM**

## **History of Photography: Landmark Moments**

Limit: 30

**Presenter: Robert Stevens**

This course will cover several essential landmark photographers and movements that define the history of photography, including Paul Strand, who freed photography from painting; the revolutionary photography in Europe between world wars; radically different styles during the depression years; Margaret Bourke White and Walker Evans; new horizons discovered by students receiving photo degrees for the first time in 1960's universities; the street portraits of Diane Arbus and Vivian Maier; exceptional photo journalists like James Nachtwey and W. Eugene Smith, who witnessed history; the rise of amateur photo photography and the differences among trained photo artists.

**Robert Stevens** received his MFA in photography from SUNY Buffalo in visual studies in 1976. His first job was in the TIME-LIFE Picture Collection. Following that he was a photo editor at TIME magazine for thirty years until 2006. He was also a trustee of the W. Eugene Smith Memorial Grant in Photography. He produced and edited a book of photographs of Paris made in the 1920s titled *Yvon's Paris*. He has published two books of his street photos: *Unintentional* (2015) and *Evidence* (2020). His next book in 2022 will be *Last Summer Paris*, a collection of his street photos.

**3:20 PM – 4:45 PM**

## **Astronomical Vision—Seeing with New Eyes**

Limit: 30

**Presenter: Fred Chromey**

Announcements of results from the James Webb Space telescope (JWST) will begin in July of 2022 and should continue over the next decade. Simultaneously, astronomers will be working with less-publicized telescopes—some already in operation and others under construction. We will examine JWST's capabilities and results as well as those of the space telescopes Roman, Gaia, and TESS. We will also review investigations planned or completed for both ground-based radio and microwave telescopes (like ALMA, FAST and the Event Horizon Telescope,) as well as the new generation of ground-based optical telescopes (Rubin, E-ELT, Giant Magellan, and TMT.)

No required reading.

The following (and many similar internet sites) may be useful for in-depth study:

<https://blogs.nasa.gov/webb/>

<https://roman.gsfc.nasa.gov/>

<https://elt.eso.org/>

**Fred Chromey** is Professor Emeritus of Astronomy at Vassar College, where he began teaching in 1983. He also served as the sixth director of the Vassar College Observatory for most of his tenure. He has almost fifty years of research experience in observational astronomy, primarily at optical and infrared wavelengths. Cambridge University Press published his widely used undergraduate and graduate astronomy textbook, *To Measure the Sky*, in 2016.

## FRIDAY CLASSES IN PERSON

### SECOND FOUR WEEKS COURSES

**9:30 AM – 10:45 AM**

### **Suminagashi—Ink Floating on Water**

Limit: 10

**Presenter: Christina Di Marco**

In the first class we will explore Suminagashi, Ink Floating on Water, an ancient Japanese marbling technique. Colors are dropped onto water and the designs are transferred onto paper. In the subsequent classes, we will use our papers as covers for a book we will create, for a collage, and for the background for calligraphy with a favorite quote or a drawing. Come learn this magical art.

Suggested Reading: Diane Maurer, *The Ultimate Marbling Handbook*

**Christina Di Marco** has been a teaching artist in the Hudson Valley for over thirty years. Christina teaches the elemental arts of Turkish marbling and Suminagashi, bookbinding, and many media. She shares her teaching with people of all ages, at Garrison Art Center, Camp Herrlich in Patterson, NY, the Wappingers School System, Desmond Enrichment Campus through Mount Saint Mary's College, the Town of Newburgh and area libraries. She taught at Mill Street Loft for over twenty-five years. Christina's work in arts for healing has included elder homes, an adult residence, a children's pediatric ward, and a children's home.

**9:30 AM – 10:45 AM**

### **Hudson Valley Hospice & Grief: Anticipatory & Beyond**

Limit: 30

**Presenters: Lisa Wilson and Elizabeth Johnson**

This course will explore hospice, death and dying, and grief. The first session will answer the five W's of hospice: who we are, what we offer, where we offer our services, why it is so important, and when it is time. The next three sessions will discuss death and dying and delve into grief, from anticipatory times through the journey that is grief.

**Lisa Wilson** is the Executive Director of Hudson Valley Hospice Foundation and Vice President of Marketing for Hudson Valley Hospice. She is responsible for raising awareness and understanding of programs and services that Hudson Valley Hospice and Hudson Valley Medical Health Choices offer. Lisa also enjoys working with area nonprofits and has served on several Boards in the Hudson Valley after spending over 20 years in finance as the Director of Operations for a financial services company. She is currently a Board Member of the Community Foundations of Hudson Valley Dutchess County Advisory Board and the Catharine Street Community Center.

**Elizabeth Johnson** is a Licensed Master Social Worker and currently serves as the Bereavement Team Coordinator at Hudson Valley Hospice. In this role, Liz works with a team of Social Workers to ensure that the grieving loved ones of Hudson Valley Hospice patients are supported as they work through their individual grief journeys. Prior to joining Hudson Valley Hospice, Liz worked at the Alzheimer's Association in a variety of roles, helping to educate and support individuals with dementia and their care partners. Liz is a graduate of the Client Centered Management program at Fordham University's Graduate School of Social Service.

**11:05 AM – 12:20 PM**

## **Tai Chi for Beginners**

Limit: 12

**Presenter: Georgette Weir**

An introduction to foundational moves and key principles of this slow and elegant exercise that some call "moving meditation." Emphasis will be on balance, flexibility and breath. No prior knowledge or experience is needed. The goal is for students to leave the class knowing a short, flowing tai chi routine that they can practice on their own or use as the basis for further exploration of Tai Chi.

**Georgette Weir** is certified by the Tai Chi for Health Institute to teach classes in Tai Chi and Qigong. She volunteers with the Dutchess County Office for the Aging to teach Tai Chi for Arthritis and Fall Prevention.

## **TUESDAY CLASSES ON ZOOM**

### **EIGHT WEEK COURSES**

**9:30 AM – 10:45 AM**

## **Mansions of the Hudson River Valley**

Limit: 100

**Presenters: Various (see below)**

Dotted along the Hudson River are great homes of yesteryear. Let's return to our historic past when life was slower, grander and not as hectic and fast paced. Each week a historic mansion will be showcased. We will take a peek into the past and the rich history of the house and the families who lived there including presidents, first ladies, artists and robber barons of the Gilded Age.

Each week our Zoom visit to an elegant home will be guided by a curator, historic site manager or director, whose expertise will take us back to the era of opulent living, magnificent art and stories of a society quite different from our lives today.

September 20:	<b>Springwood, The President's Home:</b> U.S. National Park Service
September 27:	<b>Valkill, Eleanor Roosevelt Historic Site:</b> U.S. National Park Service
October 4:	<b>Vanderbilt House, Hyde Park:</b> U.S. National Park Service
October 11:	<b>Staatsburgh, Gilded Age Splendor on the Hudson:</b> Pam Malcolm, Historic Site Manager
October 18:	<b>Historic Olana:</b> Carolyn Keogh, Director of Education and Public Programs
October 25:	<b>Beautiful Boscobel:</b> Jennifer Carlquist, Executive Director & Curator

November 1:	<b>Wilderstein Mansion:</b> Katherine Charapko, Assistant Director
November 8:	<b>Locust Grove Estate:</b> Ken Snodgrass, Executive Director & Curator
<b>9:30 AM – 10:45 AM</b>	
<b>The Nature of Energy</b> <span style="float: right;">Limit: 30</span>	
<b>Presenter: Rob Cohen</b>	
<p>The nature of energy is a story of science, power and practicality, a discussion of energy products available today, how they work and what benefits and costs each offer. We humans have always used our limited understanding of the universe to forge beneficial relationships with nature. Most of the "benefits" have been accrued by humans, but in an ideal world our relationship would be mutually beneficial and sustainable. I have a fascination with both nature and history. I often encounter stories that are relevant to everyday life with the added benefit of being both entertaining and useful. The Nature of Energy is such a story. We are living in the eye of a perfect storm, where our technology provides options previously unavailable, providing both economic and environmental benefits.</p> <p>My approach will be similar to the other courses in my "The Nature in Stuff" series. We will explore history to provide context for the present and clues for the future. Most class time will be spent covering present day topics and answering questions about equipment options. If you are seeking to use renewable energy or want to lower your fuel bills, this course will help you to understand your options.</p> <p><b>Rob Cohen</b> is a farmer who practices sustainable agriculture and a technology consultant focused on helping nonprofit organizations leverage technology. His lifelong interest in science, history and understanding how stuff works shapes his unique approach to staying connected to nature while living and working in an increasingly unnatural environment. Rob is also in the last leg of a thirty-year quest to use energy sources that are sustainable.</p>	
<b>11:05 AM – 12:20 PM</b>	
<b>Genealogy Basics</b> <span style="float: right;">Limit: 100</span>	
<b>Presenter: Valerie LaRobardier</b>	
<p>Begin at the beginning: get started on your family history journey. Then progress to using the census as a table of contents to cast a wide net. Move on to using vital, court, land, probate and military records, published histories and newspapers. Learn how to keep track of what you have found and document your work! We will show how combining these various record groups can break down brick walls. PDF handouts will be provided for each session to those who submit their email addresses.</p> <p><b>Valerie LaRobardier</b> is a third-generation family historian specializing in Dutchess and Columbia County, NY; Litchfield County, CT; Maine; New Brunswick, Canada and surrounding areas. But ancestors did not stay put, requiring research in many areas across the US, Canada, and Europe. Valerie currently serves as Town of Dover historian, webmaster and newsletter editor to Town of Dover Historical Society, founder of Harlem Valley Historic Pathways, Dover vice president to the Dutchess County Historical Society, genealogist of the Schaghticoke First Nations, president of the Dutchess County Genealogical Society and member of the DAR and several regional historical societies.</p>	

11:05 AM – 12:20 PM

## **China, from Earliest Times through the Twentieth Century** Limit: 100

**Presenter: Tom Walker**

For over two thousand years China has maintained one of the world's largest and most advanced economies. Emerging from an early river-based agricultural society, the Han majority developed an enduring written language and several schools of practical philosophy. China's interaction with its nomadic neighbors, as well as with Korea, Japan and the West, shows how some of China's greatest accomplishments occurred during periods of great disruption. Join us for a cultural, political and economic exploration of this oldest continuous civilization.

**Tom Walker:** A graduate of the Naval Academy, Tom was a Navy pilot and legal officer in three Navy squadrons. He has taught courses at Vassar LLI, Bard LLI and Dutchess Community College.

1:45 PM – 3:00 PM

## **Living Sustainably: Nature's Way** Limit: 100

**Presenter: Lyla Yastion**

Recent scientific reports warn that climate change is accelerating at an alarming rate and that it is just a matter of time before the dire effects are felt by all species, including our own. It is incumbent upon all of us to understand how we in Western industrialized culture, through a worldview of mastery over nature, have disturbed Earth's natural sustainability. We will trace the history of how human beings arrived at this perilous juncture, examine alternative perspectives, and explore ways to transform society by cultivating a new mindset based on respect for the natural world.

A booklist of references for further study will be given to the students towards the end of the course.

**Lyla Yastion** received a doctorate in anthropology from SUNY Albany and taught courses in anthropology and religious studies as an adjunct professor at the college level for eighteen years. After retiring, she began presenting courses at various lifelong learning institutes, most recently the course "Sacred Spaces" at Bard LLI, SUNY LLI and Vassar LLI. Lyla has written two books, both published by Hamilton Books: *Finding Pause Now: Handbook for a Spiritual Revolution* and *Homesick: Our Way Back to a Healthy Planet*. Lyla is a reiki master with training in shamanic healing.

1:45 PM – 3:00 PM

## **Religious Diversity in Dutchess County** Limit: 100

**Presenter: Muriel Horowitz, Lorraine Hartin Gelardi and John McKenna**

The Dutchess County Interfaith Council celebrates its fiftieth anniversary this year with members from over fifty congregations. This course focuses on many of the diverse faiths in our county as we visit virtually places of worship throughout the county and meet the faith leaders from Protestant, Catholic, Jewish, Muslim, Hindu, Buddhist, Bahai, Quaker, Unitarian and others who call Dutchess County home. Class members will learn something of the histories, tenets and practices of each congregation and have a chance to ask questions through a moderated discussion.

Board members **Muriel Horowitz** and **Lorraine Hartin Gelardi**, along with **John McKenna**, executive director, will share facilitation of this course. All three have extensive experience working with clergy and lay leaders from a variety of faiths and are experienced presenters/producers. Lorraine is a professional storyteller and producer and Muriel is a storyteller and retired educator. John has experience working with groups in a variety of creative fields and interacts with many faith leaders in his work with the Council.

## TUESDAY CLASSES ON ZOOM

### SIX WEEKS COURSES

**3:20 PM – 4:35 PM**

### **The Wide World of Wine**

Limit: 100

**Presenter: Arnold Serotsky**

This six session course will begin with an overview, "The World's Great Wine Regions", and then cover topics like "The Noble Grapes... and the Second Tier", "What is Terroir and What is Its Impact on Wine", "The Basic Biology of Wine - The Vine, The Yeast, and Human Sensory Physiology", "The Basic Chemistry of Wine - In the Grape, In the Yeast, In the Barrel, and In the Bottle", "Climate Change and Its Impact on the Future of Wine", "The Women of Wine - Historic and Contemporary." There will also be opportunities to share wine-related experiences. While this class will not focus on any type of wine or wine region, there will always be opportunities to ask questions and share interests and experiences with wine.

**Arnie Serotsky** is the Vice-President and Advisory Committee Chair of It Was A Good Year ([IWAGY.org](http://IWAGY.org)), a Mid-Hudson wine education and tasting organization that just celebrated its 42nd year. Arnie has been collecting, studying, and enjoying wines from around the world for nearly 50 years, has visited most of the major wine regions of the northern hemisphere, and has an academic and teaching background in biology and chemistry.

## TUESDAY CLASSES ON ZOOM

### FIRST FOUR WEEKS COURSES

**11:05 AM – 12:20 PM**

### **Artificial Intelligence - A Guided Tour**

Limit: 20

**Presenter: Jean-Claude Fouere**

What to expect on this guided tour? We will offer an accessible overview of the development of Artificial Intelligence (A.I.) and reflect on its promise and threat to each of us and to humankind:

- how A.I. has developed and evolved over the past 150 years
- how it is being developed and used now
- how it is becoming pervasive, affecting many facets of our daily life and of our society



- how it may morph and what it may lead to

Our tour will address and explore relevant Artificial Intelligence topics in four Zoom sessions with notes, selected videos, articles and suggested book reads. The class format is designed to encourage discussion and sharing of views. Suggested reading will be given to participants ahead of the course.

**Jean-Claude Fouere:** With a dual Master of Science in Physics Engineering (I.N.S.A., France) and in Optical Systems (U. of Rochester,) I have worked for twenty years as an engineer, an engineering manager and a company general manager, followed by another twenty years developing systems used in the manufacturing of semiconductor devices, and marketing these systems in North America, Western Europe and Southeast Asia. I have taught photovoltaic systems at local community colleges, and international marketing at Marist College and am active with SCORE and the World Affairs Council. As an avid outdoors enthusiast, I recreate in the beautiful natural environment of the Hudson Valley and the greater Northeast.

**1:45 PM – 3:00 PM**

## **Mystical Caribbean**

Limit: 100

**Presenter: Nathan Rosenblum**

A fascinating exploration of the ancient and modern Caribbean. A particular emphasis will be on spiritual traditions and rituals in the region and the many cultures that have contributed to their development. With displays of books, film clips and artifacts, we shall see that this region has had a profound impact on the world and its importance in our present and future.

**Dr. Nathan Rosenblum** is a long-time researcher in the fields of mysticism and the esoteric. He is an ordained interfaith minister and has degrees in English, history, literature, and metaphysical philosophy. In addition, he has taught many courses and lectured in a variety of venues on various topics, demonstrating how they interconnect with spirituality and consciousness.

## **TUESDAY CLASSES ON ZOOM**

### **LAST FOUR WEEKS COURSES**

**9:30 AM – 10:45 AM**

## **Financial Planning - the Certainty of Uncertainty**

Limit: 100

**Presenter: Kelsey Ponesse**

When financial planning in retirement, one thing we can be certain of is that there will be unplanned events that are out of our control. An important piece of thinking about your retirement plan is planning for the "what if" of those uncertainties. This course will cover some of those uncertain retirement financial planning topics and how better to plan for them. We will cover:

- Retirement realities and planning for the long life
- Volatile markets and how to better prepare
- Taxes in retirement and what to expect
- The long-term care landscape

**Kelsey Ponesse** is a CPA and wealth planning advisor at Marshall & Sterling Wealth Advisors in Poughkeepsie. She has over a decade of experience in the accounting and finance industry, working with clients and the complex financial choices that support their lives, their families' lives, and their legacies. Kelsey believes in supporting the Hudson Valley community with financial education, especially for women, as "the more you know," the more you can be aware of actions to take for financial security and well-being. She frequently hosts webinars, presentations, and educational events on retirement and financial planning topics.

**1:45 PM – 3:00 PM**

## **Climate Action: How We Make a Difference**

Limit: 100

**Presenters: Dave Conover and others**

A course on climate communication, advocacy campaigns and programs working now to help our region change course for a healthy climate. Coordinated by Sustainable Hudson Valley in partnership with Citizens' Climate Lobby, Climate Reality, Clearwater, and the Local Champions Program. Dave Conover is the course host.

Session 1:	<b>Climate Crisis: Dimensions and Solutions:</b> Dave Conover & Manna Jo Greene
Session 2:	<b>Communicating Reality: Strategies for Creative Engagement:</b> Eve Morgenstern, Climate Reality Leadership Corps coordinator and performing artist
Session 3:	<b>Climate Smart Communities:</b> Vanessa Bertozzi, Rhinebeck Climate Smart Communities coordinator
Session 4:	<b>Building High-Impact Coalitions:</b> Sean Dague, Citizens Climate Lobby

**Dave Conover** has worked at Sustainable Hudson Valley. He grew up in the Catskills and has an extensive environmental background, including working for many years as Clearwater's education director and later interim executive director. He's a trained educator with the Climate Reality Project and occasionally teaches environmental science at Marist College. Dave has participated in international programs to Russia, the Netherlands, Syria and Greenland. Dave is a graduate of SUNY ESF with a BS in forest biology and Antioch University New England with an MS in environmental studies with a science teaching certification.

**3:20 PM – 4:45 PM**

## **Psychology and Film**

Limit: 50

**Presenter: Denise Morett**

Film provides a powerful art medium for exploring topics in psychology. This course examines several films from a psychological perspective. Films have a tremendous impact in our society in countless ways, including entertaining, inspiring and teaching. Students will watch films, via streaming or through Vassar Moodle, that reflect multiple psychological themes, including lifespan, trauma, psychological disorders, grief and resilience. We include discussion about the psychology of the viewer's experience, the filmmaker/production, depictions of psychology and psychologists/healthcare, and psychological issues/treatment. Students will watch films prior to class and discussion will be encouraged, given that sharing viewpoints expands our awareness of the topics.

**\*\*Note to former students:**

**new films are chosen each semester allowing for fresh material to apply concepts and experiences.**

Optional reading: *Psychology at the Movies* by Skip Dine Young. Skip's text is a thorough discussion of the topics we will touch on in class.

**Dr. Denise Morett** is the best-selling author of *Lifeline*, a licensed psychologist with a private practice and a consultant to various hospitals and facilities. She has taught college level psychology courses as well as conducted workshops and trainings throughout the over thirty years of her career. She has been an instructor for VCLLI in past semesters. Her interests are varied and include the use of expressive arts, particularly film, as it relates to the human condition and topics of psychology.