



VASSAR COLLEGE LIFELONG LEARNING INSTITUTE

VCLLI
FALL 2025

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

FALL 2025 CATALOG OF CLASSES

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.

Classes Are Conducted In Person and Via Zoom

IMPORTANT INFORMATION ABOUT COURSE LIMITS

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

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

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

NEW THIS YEAR: ONLY On-Campus IN PERSON courses count against the above limit.

Off-Campus IN PERSON classes *do not* count against the above limit.

Single Session classes ***do not*** count against the above limit.

Zoom classes ***do not*** count against the above limit.

Lunch, Then Learn classes ***do not*** count against the above limit.

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 2025 SCHEDULE OF CLASSES

SINGLE SESSION CLASSES – ON ZOOM

Wed., Oct 29:	11:00 AM - 12:15 PM			
		Frances Perkins: The New Deal's First Lady		Pg 8
Thurs., Oct 30:	11:00 AM - 12:15 PM			
		Sala's Gift: A True Tale of Strength, Friendship and Love		Pg 8
Wed., Nov 5:	11:00 AM - 12:15 PM			
		Living in Non-local Consciousness		Pg 9

SINGLE SESSION CLASSES – ON CAMPUS

Thurs., Oct 23:	3:20 - 4:35 PM			
		New Perspectives on the Hudson River School		Pg 9
Wed., Nov 12:	3:00 - 4:15 PM			
		Frances Burney: Life and Works		Pg 10

LUNCH, Then LEARN – FRIDAYS ON CAMPUS – 12:45 – 1:30 PM

Note: Registration for these classes will begin the Monday prior to each class. Lunch may *not* be eaten during class.

October 3:	Introduction to Beekeeping and Honeybee Behavior	Pg 29
October 17:	Escape: Europe and the Middle East, 1918-1948	Pg 29
October 24:	Impact of Charitable Giving in Your Community	Pg 29
November 7:	Magic Show!	Pg 30
November 14:	The Birth of the Atomic Age and its Consequences	Pg 30

OFF CAMPUS CLASSES – IN PERSON – FOUR WEEKS

An Introduction to Contemporary Collage			
Wednesdays: October 1, 8, 15, 22	11:05 AM - 12:20 PM	The Art Effect 45 Pershing Ave., Poughkeepsie	Pg 10
Learning About the Roosevelts			
Wednesdays: October 8, 15, 22, 29	11:00 AM - 12:00 PM	Wallace Center, FDR Library & Museum Hyde Park	Pg 11

Gentle Walks in the Hudson Valley			
Thursdays: October 9, 16, 23, 30	11:00 AM -12:15 PM	Various Locations	Pg 11

FRIDAY ON CAMPUS CLASSES

Friday On Campus	9:30 - 10:45 AM	
(Re)-Reading WALDEN <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 11
The Glory of Classical Music <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 12
Gentle and Accessible Mat Yoga <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 15
Meditation and Mindfulness <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 16
"The Queen City": A Brief History of Poughkeepsie <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 19
From Camera Obscura to AI <i>September 26; October 10, 17; there will be a zoom session TBD for fourth class</i>	First 4 weeks	Pg 19
Introduction to Law for Non-Lawyers <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 19
Invisible Poisons: Pesticides in Our Food & Homes <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 22
Selected Topics in Constitutional Law <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 23

Friday On Campus	11:05 AM – 12:20 PM	
A Century of Peace: Europe from 1815 to 1914 <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 12
Springsteen: His Passions, Patriotism & Politics <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 16
Tibet and the XIV Dalai Lama <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 17
Wonders of the World from Ancient to Modern Times <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 17
FABERGÉ: Empire of Grace & Elegance <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 20
Musicians of the Hudson Valley Symphony Orchestra <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 20
Psychology and Literature <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 20
A Little Bit More Math <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 23
Sex, Drugs and Rock and Roll <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 23

What Can We Do About Political Polarization? <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 24
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Friday On Campus	1:45 – 3:00 PM	
Post-War American Cinema <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 13
Romanticism/The Romantic Movement/The Romantic Era <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 13
Writing Your Life Stories <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 13
A Wine Tasting Tour of Italy <i>Note Special Dates: October 3, 10, 17, 24, 31 and November 14</i>	6 weeks	Pg 17
Exploration of Your Vision <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 18
Drawing on Our Creative Nature <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 21
Living the Four Agreements <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 21
Holistic Movement and Education for All Bodies <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 24

Friday On Campus	3:20 – 4:35 PM	
History of the Book <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 14
Magic for Seniors <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 14
The Fascinating, Frightening 'Fifties <i>September 26; October 3, 10, 17, 24, 31; November 7, 14</i>	8 weeks	Pg 15
The Escape to the Green World: The Conflict Between Court and Country in Shakespeare's <i>As You Like It</i> <i>September 26; October 3, 10, 17, 24, 31</i>	First 6 weeks	Pg 18
Four French Films and Their Scores <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 22
Listening to the Enemy: An Art Project <i>September 26; October 3, 10, 17</i>	First 4 weeks	Pg 22
Astronomy Update, 2025 <i>October 24, 31; November 7, 14</i>	Last 4 weeks	Pg 25

Schedule For Tuesday On Zoom Follows

TUESDAY ON ZOOM

Tuesday On Zoom		9:30 – 10:45 AM	
Mystical American West <i>September 30; October 7, 14, 21</i>		First 4 weeks	Pg 26
The Mindful Senior <i>September 30; October 7, 14, 21</i>		First 4 weeks	Pg 26

Tuesday On Zoom		11:05 AM – 12:20 PM	
Study of Caribbean Literature: The Mimic Men by V.S. Naipul <i>September 30; October 7, 14, 21, 28; November 4, 11, 18</i>		8 weeks	Pg 25
Ancient Practices for Emotional Balance <i>September 30; October 7, 14, 21</i>		First 4 weeks	Pg 27
Shibashi 18 Qigong/Tai Chi <i>October 28; November 4, 11, 18</i>		Last 4 weeks	Pg 28

Tuesday On Zoom		1:45 – 3:00 PM	
Aftermath of the Reformation, Histories of Genre Painting <i>September 30; October 7, 14, 21, 28; November 4, 11, 18</i>		8 weeks	Pg 26
Poetry of Courage <i>September 30; October 7, 14, 21</i>		First 4 weeks	Pg 27
Psychology and Film <i>October 28; November 4, 11, 18</i>		Last 4 weeks	Pg 28

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

FALL 2025 CATALOG OF CLASSES

SINGLE SESSION CLASSES – ON ZOOM

Wednesday, October 29

11:00 AM – 12:15 PM

Frances Perkins: The New Deal's First Lady

Limit: 100

Presenters: Linda Bouchey and Al Vinck

Frances Perkins was one of the most socially conscientious individuals of the 20th century. Why did this woman fight so strongly in a male dominated world against the cruel social injustices of the times? This question will be answered in this course. In 1932 President Roosevelt asked Frances to serve as the first female in a presidential cabinet. She initially refused, but after FDR accepted her list of demands, Frances agreed to be his Secretary of Labor and the New Deal was born. Perkins' legacy lives on but faces harsh challenges today by President Trump's MAGA Conservatives.

Linda Bouchey is a retired Hyde Park social studies teacher. She has been a docent at the FDR Presidential Library and volunteered in their archives.

Al Vinck organized Youth Against Racism at Val-kill for Dutchess County students. He was the history chairperson for the Hyde Park school district and an adjunct professor at Marist College.

Linda and Al co-authored *The Roosevelt Genealogy* for FDR's family sold in the FDR Library Museum shop. Both have been docents for Wilderstein Preservation and Top Cottage. They served on the boards of Roosevelt/Vanderbilt and Wilderstein Preservation and co-chaired the Eleanor and Franklin Roosevelt permanent exhibition for the Hyde Park school district.

Thursday, October 30

11:00 AM – 12:15 PM

Sala's Gift: A True Tale of Strength, Friendship and Love

Limit: 100

Presenter: Ann Kirschner

Dr. Ann Kirschner's mother, Sala, kept a secret for close to 50 years: she had been a slave in seven different Nazi work camps. After surviving the War and later discovering that only she and two sisters out of an extended family of 50 had survived the internment camp horrors of WWII, she married and moved to the U.S. It was only on the eve of heart surgery that she shared with Ann more than 350 letters, photographs and a diary that she had kept hidden through the Nazi labor camps and her life in New York State as a wife and mother. This is a remarkable story of survival, friendship and love.

Ann Kirschner, Ph.D., is a strategic adviser in education, tech and digital media. She is the Dean Emerita of the CUNY Macaulay Honors College, created the Women in Technology in New York (WITNY) and served as Interim President of Hunter College. As a tech innovator, she developed NFL.com and NFL Sunday Ticket. She has been a trustee at Princeton, serves as a senior advisor to the President of Arizona State University, a director of the Paul and Daisy Soros Foundation, NYC First and the Board of Movado Group among other advisory positions. She is the author of *Sala's Gift* (2006) and *Lady at the OK Corral*:

The True Story of Josephine Marcus Earp (2013). She received her Ph.D., English from Princeton University, M.A. in English from the University of Virginia and a B.A. in English and Piano from University at Buffalo.

Wednesday, November 5

11:00 AM – 12:15 PM

Living in Non-local Consciousness

Limit: 50

Presenter: Lyla Yastion

Living in non-local consciousness is partaking in the universal energy that has been called the “unified field.” We will investigate this primal energy in its several aspects. Biologically, it is the energy of the Earth's ecosystem that operates under the law of interconnectedness and interdependence. Socially, it is the social compact described by philosophers such as Rousseau. Spiritually, it is the energy of compassion and love that enlivens and binds all life forms. In this aspect it is known by various names, such as the Dharmakaya, or body of Buddha, and the Mystical Body of Christ. We learn to live in this pervasive consciousness through the practice of presence, also known as mindfulness or sensory awareness. Awareness is the major attribute of consciousness.

Lyla Yastion received a Ph.D. in Anthropology from the University of Albany and taught courses in anthropology and religious studies for 18 years at the college level. After retiring, she began presenting courses at lifelong learning centers in the Hudson Valley. Lyla has written three books: *Pause Now: Handbook for a Spiritual Revolution*; *Homesick: finding our way back to a healthy planet*; and her latest, released in April 2025, *My Years as an Alzheimer's Caregiver: transcending loss by nurturing spirit*. Lyla is a reiki master. She studied mindfulness with Jon Kabat-Zinn and is certified in mindfulness-based-stress-reduction (MBSR).

SINGLE SESSION CLASSES – ON CAMPUS

Thursday, October 23

3:20 – 4:35 PM

New Perspectives on the Hudson River School

Vassar Loeb Art Center

Presenter: Dan Peck

Limit: 20

In this session, which will include a tour of Hudson River School paintings in Vassar's Loeb Art Center, Professor Peck will explain the importance of the School in the history of American art and culture. He will highlight the works of the School's founder, Thomas Cole - both Cole's allegorical works and his American landscape scenes. Cole's representations of trees, compared with such representations by twentieth-century artist Georgia O'Keeffe, will also be discussed. Notable followers of Cole, such as Asher B. Durand, will also be examined, as will under-recognized women painters of the Hudson River School such as Susie M. Barstow.

Suggested Reading: Thomas Cole's "Essay on American Scenery" (1836).

H. Daniel Peck is the John Guy Vassar Professor Emeritus of English at Vassar College. He is the author and editor of numerous books about American literature and art, including, most recently, *Thomas Cole's Refrain* (Cornell University Press, 2019).

Single Session Classes On Zoom Continues

Wednesday, November 12

3:00 – 4:15 PM

Frances Burney: Life and Works

Vassar Library Seminar Room

Presenters: Ronald Patkus and Robert DeMaria

Limit: 20

There will be a presentation by Robert DeMaria of the Vassar College English Department on Frances Burney and her place in English Literature. This will be followed by a presentation by Ronald Patkus on holdings relating to Burney in the Vassar Library. There will be time for discussion. Lastly, there will be a tour of the exhibition in the Vassar Library.

Ronald Patkus received a B.A. from Boston College (1986), an M.A. and Certificate in Archival Management from the University of Connecticut (1987), an M.S. in Library Science from Simmons College (1993), and a Ph.D. in History from Boston College (1997). He serves as head of the Archives & Special Collections Library and is the College Historian. A member of the History Department, he also holds the Frederick Weyerhaeuser Endowed Chair in Biblical Literature and Bibliography. His teaching and research interests focus on the history of books and printing, and the history of Vassar.

Robert DeMaria, Jr., Ph.D., is the Henry Noble MacCracken Professor of English at Vassar College where he has taught since 1975. His main field of study is eighteenth-century British literature. He is the author of three monographs on the life and works of Samuel Johnson (1709–84) and the general editor of *The Yale Edition of the Works of Samuel Johnson*, a series of 23 volumes (1958–2018). He is also interested in the history of the Language, the presence of the classical tradition in British literature, and the history of books.

OFF CAMPUS 4 WEEKS CLASSES – IN PERSON

ALL CLASSES ARE 4 WEEKS

Note: SPECIAL DATES, TIMES, AND LOCATIONS

Off Campus – Four Weeks – In Person

11:05 AM – 12:20 PM

Wednesdays, October 1, 8, 15, 22

The Art Effect, 45 Pershing Ave., Poughkeepsie

An Introduction to Contemporary Collage

Limit: 12

Presenter: Monica Church

Contemporary collage artists and practices will be introduced each week followed by a collage making session. Participants should begin collecting paper ephemera (old books, magazines, catalogs, letters, handmade photos, papers etc...) to bring to each class to serve as source materials for their exercises. Short readings/instagram feeds will be shared each week.

Materials: Paper ephemera (discarded books, magazines, patterns, postage stamps, stickers, catalogs, letters, handmade photos, papers etc.). Glue stick and a small container of Golden or Liquitex Heavy Gel (Matte preferred). Substrate (Stronger paper that you will be glueing onto). Sharp scissors (Fiskers are a good brand). Self-healing cutting mat. Xacto knife and replacement blades. Apron to cover clothes.

Monica Church has been working in collage for over four decades! Her recent collages are published in *Cut Me Up Magazine* (Issues 10, 11 & 14); *Wilder Roam: On the Road*; *The Vassar Review: Interiors & Intimacies* (2023); and *The Extra Mule*, No. 2. In 2023, at the Kolaj Fest in New Orleans, Church presented collages made while living in Vietnam at the symposium, "Exploring & Healing Place", held at the Ogden Museum of Southern Art. Church studied at RISD, has a B.A. in visual arts from Bennington College and an M.F.A. in painting from The University of Kentucky.

Off Campus – Four Weeks – In Person

Wednesdays, October 8, 15, 22, 29

11:00 AM – 12:00 PM

Wallace Center, FDR Library & Museum, Hyde Park

Learning About the Roosevelts**Limit: 35***Presenter: Jeffrey Urbin*

This course is a four-part series exploring the lives of Franklin and Eleanor Roosevelt. Session One: Becoming Eleanor Roosevelt; Session Two: Letter to the Roosevelts; Session Three: FDR and Hyde Park; and Session Four: Strange and Unusual Stories. These sessions will be held at the Wallace Visitor and Education Center at the FDR Library and Museum in Hyde Park.

Jeffrey Urbin has been the Roosevelt Presidential Library's Education Director since 2001. He has won numerous local and national awards for his work in education.

Off Campus – Four Weeks – In Person

Thursdays, October 9, 16, 23, 30

11:00 AM – 12:15 PM

Various Locations

Gentle Walks in the Hudson Valley**Limit: 20***Presenters: Teresa Quinn, Maureen King, Sue MacLean*

This course offers VCLLI members the opportunity to build community, get outside and exercise while enjoying the beauty of our Hudson Valley. Four walks are planned, each in a different location with an educational component. The walks range in length but are all in the easy-to-moderate category.

Maureen King is a retired Vassar College administrator. She finds joy in walking the many scenic trails of the Hudson Valley.

Sue MacLean is a retired social studies teacher who loves to hike in the Hudson Valley. She enjoys introducing groups to local history, different locations, and new adventures.

Teresa Quinn is a retired Vassar College Student Affairs administrator. She looks forward to sharing her passion for hiking and being in community with VCLLI members in the beautiful Hudson Valley.

FRIDAY ON CAMPUS – EIGHT WEEKS – IN PERSON

Friday On Campus – Eight Weeks**(Re)-Reading WALDEN****9:30 – 10:45 AM****Limit: 25***Presenter: Judith Saunders*

For one hundred and seventy years, Thoreau's book has invited readers to re-examine their lives. Offering himself as an example ("not wanting, when [he] came to die, to discover that [he] had not lived"), he questions pressure to adopt soul-scorching socioeconomic norms and, at the same time, he celebrates nature's power to renew and reinvigorate. We will read *Walden* slowly together—one or two chapters per session. This will enable us to savor the wit and style that make Thoreau's analysis of the human condition, including its environmental context, so potent.

Participants will need to bring a complete, unabridged copy of *Walden* to each session. Those who do not already own a copy can consult the class manager, who will have information about suggested paperbacks.

Judith Saunders is Emerita Professor of English at Marist College and a specialist in American literature, and has taught many courses featuring writers from the American Renaissance. Her published writings include commentary on Thoreau and his contemporaries (e.g., Poe, Hawthorne, Whitman).

Friday On Campus – Eight Weeks
The Glory of Classical Music

9:30 – 10:45 AM

Limit: 30

Presenter: Andrew Hartman

In modern times, people are not exposed to classical music as much as they had in the past, leaving it inaccessible to many, except in popular avenues such as movie music and commercials. Additionally, classical music can be intimidating to engage with on one's own, due to its lengthy history, complexity, foreign terms and languages, and the length and profundity of many of its compositions. This course will illustrate the evolution of classical music from the medieval era through the renaissance, baroque, classical, romantic, modern, and postmodern eras. There will be a mix of historical and composer biographical content, explanatory information about classical music forms, genres and terms, and generous recorded musical excerpts to illustrate themes and concepts. The goal of the course is to open the entire history of this art form to students, to enrich their lives, and hopefully to act as a springboard to further in-depth learning about individual genres, eras and composers within the field of classical music.

Note: *This course is a repeat of the course offered Spring 2025.*

Andrew Hartman has lectured on classical music at the Vassar LLI, the New York City Opera Guild at Lincoln Center, and at several Bruderhof Communities in Pennsylvania and New York, to both school children and adult audiences. He has published a dozen articles on classical music on MusicWeb International, a premier classical music website, and has attended over 1,000 live performances of classical music over a forty-five year period, including chamber and orchestral concerts, ballets and operas. He owns a comprehensive collection of thousands of classical music recordings from which he will provide all musical examples for the course.

Friday On Campus – Eight Weeks

11:05 AM – 12:20 PM

A Century of Peace: Europe from 1815 to 1914

Limit: 30

Presenter: Tom Walker

We will investigate how the Congress of Vienna in 1815 reimagined a Europe without war, and without Napoleon! With all the changes of the Napoleonic Era, many of which were viewed as positive, the diplomats had their job cut out for them. What resulted over the coming decades was one of the most peaceful and generally productive eras in Europe. Unfortunately, this success also laid the path to an unexpected war in 1914, brought on by economic, political and social needs unmet by those who earnestly strove to build a better society, one that in many ways prefigured today's European Union.

Tom Walker is a retired Navy pilot and State Veterans Counselor. Tom has presented eleven different history courses at Vassar LLI, Bard LLI and Marist CLS. Since 1986, the Hudson Valley has been home to Tom and his family, including his wife, two sons now living overseas, five grandchildren and Wally, their rescue dog. Tom enjoys playing various folk instruments.

Friday On Campus – Eight Weeks
Post-war American Cinema

1:45 – 3:00 PM

Limit: 30

Presenter: Sybil DelGaudio

This course explores the evolution of American cinema from 1945-1954, focusing on how films have reflected and shaped the nation's social, political, and cultural transformations. We will examine key themes such as disillusionment, shifting gender roles, Cold War anxieties, and the rise of independent filmmaking. The curriculum will also cover the impact of technological change, the influence of television, and the emergence of new genres. Through analysis of specific films and industry developments, the course will provide insight into how post-war American cinema has both mirrored and influenced changing American identities, values, and public discourse. Students will be expected to watch the covered films on their own time, using Vassar's Panopto or through various streaming services.

Sybil DelGaudio is Emerita Professor of Radio, Television and Film at Hofstra University, where she 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 works 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*.

Friday On Campus – Eight Weeks

1:45 – 3:00 PM

Romanticism/The Romantic Movement/The Romantic Era

Limit: 30

Presenter: David Roberts

Romanticism is a movement in literature and the arts that emerged in the late 18th century and emphasized individualism, imagination, and emotion vs. reason. This course will examine the various facets of the Romantic era including idealization of the past (particularly the Middle Ages); awe of nature; fascination with the supernatural and abnormal psychology; nationalism and folklore; the artist/poet as an outsider; unattainable love; and many more. We'll look at fiction, poetry, painting, music, and other aspects of the movement.

David Roberts is a graduate of SUNY New Paltz. He has lectured at Vassar LLI, Marist CLS, Poughkeepsie Library, and other venues. He currently is an adjunct at FIT. He has also taught at SUNY New Paltz, Marist University, and Montclair State University.

Friday On Campus – Eight Weeks

1:45 – 3:00 PM

Writing Your Life Stories

Limit: 12

Presenter: Susan Merson

In this course, you will identify and begin to write those stories that best define the journey of your life so far. Through in-class prompts, you will discover the landscape, the relationships, and the themes that have led you through the days you have lived so far—and will begin to offer a chronology, a style and a set of questions to continue your exploration. Each session, we write and read and support each other. Come with a sense of humor, openness and curiosity to share in community.

Suggested Readings: Tristan Rainier, *The New Autobiography*; Natalie Goldberg, *A Friend From Far Away*; Deena Metzger, *Writing for Your Life*.

Susan Merson is a longtime theatre and literary artist, teaching and giving performances across the country. Her books include: *Your Name Here*; *Dreaming in Daylight*; *Oh Good Now This*; and *How We Saw The Moon*, plus short stories published in Penguin's *Nice Jewish Girls*, *Worcester Review*, *Lilith Magazine*, *Chicken Soup for the Soul* and others.

Friday On Campus – Eight Weeks

3:20 – 4:35 PM

History of the Book

Limit: 30

Presenter: Nora Quinlan

This course will explore the development of the written word and books, from prehistory to today. We will cover the material history and technological innovations of the book, as well as its historical, social, and cultural contexts including the impact of literacy, printing, and the book trade. Students will have the opportunity to visit and see original material on a class visit to the Vassar College Library Archives and Special Collections Department. The course will cover the following topics: Before the Written Word (cave paintings, symbols, oral tradition); The Written Word Begins (cuneiform and hieroglyphics); The Power of the Word; The Greeks and the Romans; God's Glory in the Middle Ages; Meeting the Demand (movable type, illustration and the making of many); The Machine Age and Mass Production; The Computer (yesterday, today and tomorrow); and Treasures Visit.

Nora Quinlan holds a B.A. in history from Queens College, CUNY, an M.S. in library service and an M.A. in art history from Columbia University. She was the head of special collections at the University of Colorado at Boulder, worked as a rare book cataloger at the University of Miami, and was an assistant special collections librarian at the University of Kansas. She has extensive training and experience working with art, rare books, manuscripts, early photographs, and ephemera. In addition, Nora was the head of Reference and Instructional Services at Nova Southeastern University's Alvin Sherman Library and oversaw their gallery.

Friday On Campus – Eight Weeks

3:20 – 4:35 PM

Magic for Seniors

Limit: 15

Presenters: Frank Monaco and Ryan Dutcher

This course will present a history of the Society of American Magicians and its former and current members. We will teach students some of the basic principles of magic, and also actual effects that they can perform for friends and family, including, but not limited to, showmanship, patter for routines, understanding and executing basic sleight of hand moves and effects associated with these sleights. This course is very similar to the one offered in Fall 2024.

Suggested Reading: Mark Wilson's *Course in Magic* is a good foundational book, but not necessary for course understanding or completion.

Materials: A materials fee of \$15.00 per student will be collected at the first class to cover the cost of props to be supplied by the instructors.

Frank Monaco is the current Society of American Magicians Regional Vice President for the North Atlantic Region and has been teaching magic for over 30 years. He has been performing professionally for over 40 years.

Ryan Dutcher is a full time working professional magician who has performed all over the United States and abroad. He works extensively with many Broadway productions, both as a consultant and production member, and tours the country, playing large theaters and stadiums and college campuses. His performances have been called “inspirational” by Fordham University and “amazing” by MTV.

Sudhir Desai will assist. Sudhir’s magic journey started when he took a course at VCLLI in Fall 2019. Now he is a member of the Society of American Magicians and Secretary of the local chapter, Al Baker Assembly #35. He has been performing magic for friends and family for the past two years.

Friday On Campus – Eight Weeks

3:20 – 4:35 PM

The Fascinating, Frightening ‘Fifties

Limit: 30

Presenter: Chuck Mishaan

An analysis of the arts, culture and politics of the 1950s. This course will explore the 1950s, a decade filled with contrasts and cultural change. As the world emerged from the dark shadows of World War II, it stepped into a time of remarkable economic growth. The decade was characterized by a fascinating tug-of-war between conformity and rebellion, tradition and innovation. This tension inspired a wealth of artistic expression and cultural richness, profoundly influencing literature, music, the visual arts, film, television, fashion, and architecture.

Chuck Mishaan has been presenting courses at Vassar LLI for many years, including his popular “Opera as Politics” series and recently, “The Roaring 20s,” “Between the Wars: Arts and Culture of the 1930s” and “The War and After: Arts and Culture of the 1940s”. His commentary on the intersection of politics and the arts continues with this course.

FRIDAY ON CAMPUS – FIRST SIX WEEKS – IN PERSON

Friday On Campus – First Six Weeks

9:30 – 10:45 AM

Gentle and Accessible Mat Yoga

Limit: 15

Presenter: Dana Lucas

In this course we will practice various seated, standing and restorative yoga poses, focused breathing and meditation. We will move slowly in and out of the postures, resting whenever needed. Please wear comfortable, loose clothing that allows for movement. Wear layers so you can adjust as desired. Participants must be able to get up and down from the floor. No experience is needed. We will work on building strength and flexibility and improving our balance. We will practice breath awareness to help us calm our busy minds. Yoga helps to decrease stress and improve sleep, while enhancing circulation and concentration.

Materials: Please bring a yoga mat and a cushion or blanket to assist your comfort in certain postures.

Dana Lucas has been teaching yoga since 2007, and has taught various styles of yoga over the years. Dana strives to balance the importance of foundation and alignment while keeping things lighthearted. Her classes are usually infused with laughter (so important for our wellbeing) and a sense of community, where everyone is welcome and encouraged to begin where they are.

Friday On Campus – First Six Weeks**9:30 – 10:45 AM****Meditation and Mindfulness****Limit: 25**

Presenters: Linda Cantor and Ed Rosenberg

During these uncertain times many of us are experiencing an increased amount of stress. The level of stress can sometimes feel overwhelming. This class will offer meditation and mindfulness practices to increase calm and equilibrium in daily life. It will provide tools to meet life as it is and to be present to whatever arises in our lives. This class is appropriate for both beginning and experienced meditators.

Ed Rosenberg has been a meditator for 40 years. He has attended multiple workshops and silent retreats and studied with Sylvia Boorstein, Jay Michelson, David and Shoshana Cooper and Beth Resnick Folk. Ed was part of a 4-year intensive meditation program with Jason Shulman.

Linda Cantor has been meditating for over 30 years. She has attended many silent retreats and has studied with Tchich Nhat Hahn, David and Shoshana Cooper, Pema Chodren, Jeff Roth and Norman Fisher.

Linda and Ed have co-taught meditation at Bard CLS and Vassar LLI.

Friday On Campus – First Six Weeks**11:05 AM – 12:20 PM****Springsteen: His Passions, Patriotism & Politics****Limit: 30**

Presenter: Skip Weisman

Bruce Springsteen crafted the setlist for his 2025 "Land of Hope & Dreams" tour to address the current political climate in America. Six interactive sessions, updated to include this 2025 tour, combine class discussion with lectures incorporating relevant video and audio clips of interviews and stage performances. Participants will review and discuss Springsteen's journey from awkward teen to the most dynamic stage performer since James Brown, and examine how his words, music, and unmatched live performances speak to America's promise compared to its reality. Participants will even have an opportunity to discuss and vote on Springsteen's most patriotic and most political song.

Note: This course is a revised version of prior classes held in the Fall 2024 and Spring 2025, updated to include discussion of Springsteen's 2025 European tour and the movie, "Deliver Me From Nowhere," opening in October and starring Jeremy Allen White. Class participants will be offered the opportunity to attend the movie with the instructor, or on their own.

Skip Weisman grew up a 30-minute drive north on "Highway 9" from Springsteen's Freehold, NJ hometown. Forty-nine years after being introduced to Springsteen's "Born to Run" album, Skip has attended 109 live Springsteen performances, with and without the E Street Band, in 10 countries across two continents, including three on the '25 tour. Skip moved to Dutchess County in 1994 to bring the Hudson Valley Renegades professional baseball team to the community. He served as team president/CEO for eight seasons through 2001. From 2002-2023, Skip was a business coach and professional keynote speaker/workshop presenter specializing in leadership and workplace communication.

Friday On Campus – First Six Weeks

11:05 AM – 12:20 PM

Tibet and the XIV Dalai Lama

Limit: 30

Presenter: Michael Goodman

This course, based on my book, *The Last Dalai Lama*, presents a portrait of His Holiness the 14th Dalai Lama of Tibet, the spiritual and secular leader of the Tibetan people for over three-quarters of a century. It includes the story of his discovery in eastern Tibet, his installation as Dalai Lama in 1950, his self-imposed exile in India in 1959 in the face of armed invasion by the Chinese Communists, and his life up to the present day. In researching the book, I spent many hours with His Holiness at his home in Dharamsala. I also met with members of his family and with many Tibetan refugees.

Michael Goodman received a Ph.D. from the University of Nottingham in England, where he was a lecturer in history; an M.A. from New York University; and a B.A. from the University of Virginia. He has travelled extensively through India, Nepal, and Switzerland interviewing the Dalai Lama, his family, and many other exiles from Tibet, including the Dalai Lama's two monastic tutors, officials from his pre- and post-exile government, monks, traders, farmers, nomads, herdsman, and guerrilla fighters. He has also met and corresponded via phone and post with Hugh Richardson (Scotland), Lowell Thomas (USA), and Heinrich Harrer (Kitzbühel, Austria).

Friday On Campus – First Six Weeks

11:05 AM – 12:20 PM

Wonders of the World from Ancient to Modern Times

Limit: 30

Presenter: Esther Odescalchi

This two-semester course describes the wonders of our world, the amazing creations of man and nature. It includes: the Seven Wonders of the Ancient World; the wonders of the Middle Ages; natural wonders, including wonders of the underwater world; and the wonders of the industrial and modern world.

Esther Kando Odescalchi is a native of Hungary. She completed her education in the United States, earning an M.S. in Library Science and a Ph.D. in Communications. She worked in executive communications at IBM in Somers and was a member of the IBM Invention Review Committee. Before joining IBM, she was the grant consultant of the Greater New York Library System. During her career Odescalchi received over 25 awards and recognitions. She is the author of numerous technical and non-technical articles, four books and a play. Currently, she lectures and conducts workshops at colleges, universities and national and international organizations. Odescalchi is a professional ballroom dancer with a Dance Masters' Certificate. She plays the piano and the accordion.

Friday On Campus – Six Weeks

SPECIAL DATES BELOW

1:45 – 3:00 PM

A Wine Tasting Tour of Italy

Limit: 15

Presenter: Arnold Serotsky

This class will cover wines from six regions in Italy. We will hold 6 sessions, but they will be spread out over the 8 weeks of the session. **The dates of the six classes will be: October 3, 10, 17, 24, 31 and November 14.** Each class will consist of a presentation with opportunities for attendees to ask questions and share experiences, followed by a 1.5 ounce tasting of each of two to three prominent wines from the region. Based on local availability and affordability, fine wines will be selected for each class. Each attendee will be required to pay the instructor \$30 for

the course to cover the cost of the wines. Each attendee will also need to bring two matching wine glasses to each class.

Arnie Serotsky has been collecting, evaluating, presenting and traveling for wine for fifty years. In Rochester, N.Y., he was active in Les Amis Du Vin. Since moving to Poughkeepsie nineteen years ago, he has been a wine tasting presenter and organizer for It Was a Good Year, Inc., the Marist CLS, the Mid-Hudson Food and Wine Society, and the Pennsylvania Wine Society. Arnie has also organized and presented wine tasting fundraisers for non-profits such as the American Association of University Women, the Dutchess County Historical Society, the Hangar Theatre of Ithaca, and the Beatrix Farrand Garden.

Friday On Campus – First Six Weeks

1:45 – 3:00 PM

Exploration of Your Vision

Limit: 30

Presenter: Nancy LeVine

This course is designed to help those photographers who have reached a certain level of technical achievement but need guidance and constructive critiques to help define their approach to making a photograph that powerfully resonates with their ideas. Each student will pick a topic of their choice and focus on it throughout the course. Through viewing the work on a weekly basis, the instructor will encourage reflection on the student's approach and results and offer insights that can help students grow.

Nancy LeVine is an award-winning photographer who has traveled worldwide on a variety of assignments. Her book, *Senior Dogs Across America* (Schiffer Publishing, 2016), has been featured on *The Today Show*, *Oprah.com*, *The New York Times LENS Blog*, the BBC, and others. Her assignment resume is extensive and includes Seattle Children's Hospital, Starbucks, Microsoft, and PBS. Her early career was focused on fashion in New York and Paris. Nancy completed her Master of Arts degree at NYU/ICP. During the initial COVID lockdown, she created a historical photographic record of 88 households in Beacon, New York, entitled *Beacon in Quarantine*.

Friday On Campus – First Six Weeks

3:20 – 4:35 PM

The Escape to the Green World: The Conflict Between Court and Country in Shakespeare's *As You Like It*

Limit: 30

Presenter: Silvana Tropea

This course will examine Shakespeare's use of, and departure from, the pastoral tradition in *As You Like It*. Through close reading, discussion, and scenes from film adaptations, we will explore how the escape from the intrigues of court to the "green world" of the Forest of Arden creates a space for love, satire, disguise, self-awareness, and transformation.

Silvana Tropea has taught Shakespeare, literature, and writing at various institutions, including Yale, The Shakespeare Centre in Stratford-Upon-Avon, Queens, Hunter and Baruch Colleges, CUNY, The Juilliard School, and the Summer Shakespeare Course at the NY Public Theater. She has worked as a freelance writer and dramaturg and is currently an executive assistant and production researcher at a small, NY-based film company.

FRIDAY ON CAMPUS – FIRST FOUR WEEKS – IN PERSON

Friday On Campus – First Four Weeks

9:30 – 10:45 AM

"The Queen City": A Brief History of Poughkeepsie

Limit: 30

Presenter: Shannon Butler

This class will cover the general history of Poughkeepsie, including some of its interesting people. Lectures will include "Queen City in Flux: Three Centuries of Growth and Loss in Poughkeepsie," a timeline of the city's changing landscape; "Made in Poughkeepsie: A History of Homegrown Stuff," which looks at all of the products that were made here; "Inmates: Stories from the Poughkeepsie City Almshouse," which looks at the less fortunate of Poughkeepsie's past; and, finally, "The Lady Doctor Will See You Now: Early Female Physicians of Poughkeepsie," where we examine the women doctors of 19th and early 20th century Poughkeepsie.

Shannon Butler is the Historian for the Poughkeepsie Public Library District. She has served in this role for nearly 6 years. Previously she served as the Historian for the Town of Hyde Park and worked as a park ranger at the Roosevelt-Vanderbilt National Historic Site. She is the author of two books, *Hyde Park in the Gilded Age* and *Roosevelt Homes of the Hudson Valley: Hyde Park and Beyond*. She is the co-host of the podcast, *All My Favorite People Are Dead* and lives in the city of Poughkeepsie.

Friday On Campus – First Four Weeks

9:30 – 10:45 AM

From Camera Obscura to AI

Limit: 30

Presenter: Les Muldorf

This program will trace the history of photography from its beginnings to the modern day AI explosion.

Les Muldorf was in private practice as an endodontist for 50 years and retired in 2020. He used photography in his practice during these years, and has been producing images since 1965. He has exhibited in many local venues and is currently the president of the DPR photography club. He is an eclectic photographer, which he hopes to demonstrate as part of this four-week course.

Friday On Campus – First Four Weeks

9:30 – 10:45 AM

Introduction to Law for Non-Lawyers

Limit: 30

Presenter: Norman Abrams

This course is intended for non-lawyers and will cover the following topics: the division of power between the states and the Federal government established by the Constitution, the multiple court systems this division of powers has created, how civil trials are conducted, and how lawyers analyze legal problems.

Note: This course is a repeat of the course offered in Fall 2024.

Norman Abrams is a retired attorney who practiced corporate law for more than 35 years. He is a graduate of Harvard Law School.

Friday On Campus – First Four Weeks

11:05 AM – 12:20 PM

FABERGÉ: Empire of Grace & Elegance

Limit: 25

Presenter: Gala Leganof

In 1882 Carl Fabergé with his brother Agathon took over his father's jewelry business in St. Petersburg. The success of the Fabergé brothers transformed the jewelry business by emphasizing design, craftsmanship, and the creation of high-quality, handmade items by exceptional artist-jewelers. They introduced a new style that valued color, intricate details, and the revival of enameling. The class will learn about Fabergé enameling from the direct observation of a process. We'll explore the world of Fabergé, specifically focusing on the history of the Imperial Easter Eggs, the artistry behind their creation, and the exquisite materials used.

Gala Leganof received a B.A. degree cum laude in International Politics and was a winner of the Marist Baccalaureate Award in Political Science. In 1999, she was inducted into Pi Sigma Alpha, the National Political Science Honor Society. She received an M.A. from McGill University. McGill-Queen's Press published her *Understanding American Democracy in the Context of Democracy's Empirical and Normative Evolution*. In 2015 she completed studies at Columbia University about the United Nations and lectured on the subject, "Ukraine v. Russia: the Annexation of Crimea." Gala is a frequent collaborator at the Ukrainian Research Institute of Harvard University. In 2016, she collaborated with Patricia Kennedy Grimsted on "*Hidden in the Hermitage: Tracing Nazi-Looted Art from Kyiv and Western Europe in the Erich Koch Collection*".

Friday On Campus – First Four Weeks

11:05 AM – 12:20 PM

Musicians of the Hudson Valley Symphony Orchestra

Limit: 30

Presenter: Nanette Koch

This course will include presentations by members of the Hudson Valley Symphony Orchestra. A few musicians each week will perform short pieces and talk about their lives as professional musicians.

Nanette Koch is the Director of the Botticelli Chamber Players, a highly regarded teacher of the cello, and has developed many music education programs for Hudson Valley area schools. She is a long-time member of the cello section of the Hudson Valley Philharmonic Orchestra. The Hudson Valley Symphony Orchestra, is a fully professional, union symphony orchestra that brings people together to inspire an appreciation for exceptional music. Through engaging performances of classics and new compositions, the HVSO provides accessible, outstanding musical experiences for communities throughout the region.

Friday On Campus – First Four Weeks

11:05 AM – 12:20 PM

Psychology and Literature

Limit: 30

Presenter: Ann Constantinople

As in the past, this course will focus primarily on characters in fiction, which will require us to read novels (and maybe a play or biography) as the basis for our discussions. Each week we will begin by talking about how we, and the author, would understand the characters. Then we will see if personality theory can add illumination (or confusion) to that picture. I will add information on the theories of personality as may be necessary. Please be prepared to read and talk... the course does not happen without your input!

Anne Constantinople is a retired Professor of Psychology, Vassar College, and a long-time teacher in the Marist CLS program. She is a teacher who loves offering these courses and the conversations with people who have had experiences in real life!

Friday On Campus – First Four Weeks

1:45 – 3:00 PM

Drawing On Our Creative Nature

Limit: 12

Presenters: Carol DiPalo and Christina DiMarco

What does your art tell you about yourself? Drawing may evoke deep emotions, spark imagination, and lead to discovery of your inner lights. In this class we will use mixed media in abstract, expressive, and realistic drawings. Exercises are designed to build confidence and support each individual's unique creative responses and styles. You may discover that drawing can be a source of openness and inspiration for further creative connections in creative writing, journaling, and poetry. Weather permitting, we will draw outside, letting the campus and nature free our drawing. This is an exploratory class and no prior drawing or art background is necessary.

Materials will be provided by the instructor; however, students are encouraged to bring a sketchbook and any personal drawing supplies that they would like to use.

Carol DiPalo and **Christina DiMarco** are seasoned and inspiring mixed media artists and educators. Their love and connection with nature are at the forefront of their creativity. Carol has worked for many communities and non-profits within the Hudson Valley where she played a major role in the conception and implementation of art programming. She is currently retired from the Arlington School District. Christina practices art therapy and continues to teach children and adults through classes offered by arts organizations and libraries focusing on paper marbling, drawing, painting, and bookmaking. Both instructors continue to make authentic, meaningful, and inspirational art.

Friday On Campus – First Four Weeks

1:45 – 3:00 PM

Living The Four Agreements

Limit: 30

Presenter: Shelley Tatelbaum

This course is based on the New York Times best seller written by Don Miguel Ruiz. It is a practical guide towards personal freedom from your past that affects your present life. The Four Agreements are: (1) Be impeccable with your word; (2) Don't take things personally; (3) Don't make assumptions; and (4) Always do your best. How do we implement these agreements into our lives? Toltec knowledge arises from essential sacred esoteric traditions found around the world. It is not a religion. It honors all the spiritual masters' teachings. It is a way of life with less suffering.

Suggested Reading: *The Four Agreements* by Don Miguel Ruiz

Shelley Tatelbaum, M.S.C.G.T. is a Certified Grief Therapist, a Mindfulness Based Stress Reduction Teacher, and a Certified Four Agreements Teacher. She has studied with Don Miguel for 25 years and studied The Stress Reduction Program under the direction Jon Kabat-Zinn. She is the founder of, and has led, the Center for Grief, Loss and Life Transition for 35 years. She also teaches meditation. Shelley incorporates the teachings of many indigenous teachers from many cultures into her practice as well as using traditional grief therapy modalities. She does in-services for schools, hospitals, and corporations as well as retreats to Teotihuacan, Mexico.

Friday On Campus – First Four Weeks

3:20 – 4:35 PM

Four French Films and Their Scores

Limit: 35

Presenter: Brian Mann

This course examines four French films, covering a substantial stylistic and chronological range: *Under the Rooftops of Paris* (directed by René Clair, 1930); *Grand Illusion* (directed by Jean Renoir, 1937); *Bob le Flambeur* (directed by Jean-Pierre Melville, 1956); and *The Umbrellas of Cherbourg* (directed by Jacques Demy, 1964). We consider the social and cultural backgrounds of these films, and then look closely at the music that plays such an important role in each one.

Brian Mann taught courses in music history and theory for many years in the Vassar College Department of Music. He is a graduate of the University of Edinburgh (B. Mus) and the University of California, Berkeley (M.A., Ph.D.)

Friday On Campus – First Four Weeks

3:20 – 4:35 PM

Listening to the Enemy: An Art Project

Limit: 30

Presenter: Madeleine Segall-Marx

Sculptor/painter Madeleine Segall-Marx will present background and anecdotes of her 10-year art project, which offers the idea that if we listen to the "enemy's" story, perhaps we would be less inclined to kill him. She collected 25 personal stories from people caught in war around the globe, and with each, she created a visual artwork. There will be three classroom discussions. The fourth class will be a trip to the project, permanently installed in a beautiful barn on her property in Hyde Park. Madeleine has presented a lecture on this project at the UN Commission on the Status of Women.

Note: This is a repeat of the course given in Spring 2025.

Madeleine Segall-Marx, a former instructor of figurative sculpture, splits her time between her SoHo, NYC and Hyde Park studios. She has won myriad awards for her work, including the Dutchess County Executive Arts Award to an Individual Artist. When president of the National Association of Women Artists, she developed programs for its members that involved social justice issues. Her journey in the Listening to the Enemy Project (supported by grants from NYSCA and the Puffin Foundation) led to her involvement with helping Iraqi refugees and with Nepal's Tharu population.

FRIDAY ON CAMPUS – LAST FOUR WEEKS – IN PERSON

Friday On Campus – Last Four Weeks

9:30 – 10:45 AM

Invisible Poisons: Pesticides in Our Food & Homes

Limit: 30

Presenter: Paul Ciminello and Kate Susman

This course provides information on the broad range of agrichemicals (including but not limited to pesticides) that have become ubiquitous in modern society. We will discuss how society came to rely on pesticides and fertilizers in food production, the impact of these chemicals on our bodies and on the planet, and the alternatives that are available to us.

Kate Susman, Ph.D., Professor of Biology at Vassar College on the Jacob P. Giraud Jr. Endowed Chair of Natural History, studies the toxic behavioral and neural effects of common pesticides in soil organisms. The research, previously funded by the NIH, concerns links between neurodegenerative diseases like Parkinson's and pesticide exposure. She is currently on the Environmental Management Council for the Dutchess County Legislature and writes and podcasts extensively for multiple audiences through her website, Modern Marinade.

Paul Ciminello is a retired environmental consultant who focused on environmental investigations and remediation with a particular concern for groundwater. Paul received dual Master's Degrees in Hydrology/Hydrogeology and Public Policy Analysis from Duke University in 1986 and had over 30 years of experience in environmental consulting before retiring in 2019. In addition, Paul has been an adjunct instructor at Marist College since 1999, teaching courses in the Department of Science including "Environmental Investigations and Remediation" and "Introduction to Environmental Issues".

Friday On Campus – Last Four Weeks

9:30 – 10:45 AM

Selected Topics in Constitutional Law

Limit: 30

Presenter: Norman Abrams

This course will examine the history of U.S. Supreme Court decisions in a number of areas. These may include race, sex, religion, speech, firearms, police conduct and/or other subjects. The course is intended for non-lawyers. "Introduction to Law for Non-Lawyers" is NOT a prerequisite for this class.

Norman Abrams is a retired attorney who practiced corporate law for more than 35 years. He is not a Constitutional law expert, but intends to approach Supreme Court decisions from a commonsense perspective rather than providing a technical analysis of Constitutional law principles. He is a graduate of Harvard Law School.

Friday On Campus – Last Four Weeks

11:05 AM – 12:20 PM

A Little Bit More Math

Limit: 30

Presenter: John McCleary

In a series of four lectures students will be introduced to some interesting mathematical topics and we will explore what they might mean. The goal will be to think a little bit like a mathematician. Topics will vary week to week with each meeting to be as self-contained as possible.

John McCleary is retired from the Elizabeth Stillman Williams Chair of Mathematics at Vassar College where he taught for 44 years. He has written books and papers on mathematics, mostly in his specialties of algebraic topology and the history of mathematics.

Friday On Campus – Last Four Weeks

11:05 AM – 12:20 PM

Sex, Drugs and Rock and Roll

Limit: 30

Presenters: Gary Quartararo and Rob Cohen

Exploring the people, events and movements that have shaped our lives from 1900 to the present, we will spend most of our time doing a deep dive into our lived history, exploring its triumphs and challenges through images, speeches and music. We will address industrialization, environmental concerns, medical advances, sexual and

gender issues, war and peace, and the economic status of our nation. Class will include lots of music so bring your voices and dancing shoes.

Note: This is a re-do and re-vamp of the course given in Fall 2024 and Spring 2025.

Suggested Reading: *An Unfinished Love Story* by Doris Kearns Goodwin.

Gary Quartararo was a high school health educator for 37 years, worked at Adelphi University for 13 years, and has been an adjunct professor at Nassau Community College for over 53 years. Gary has also provided guidance for corporate wellness initiatives.

Rob Cohen is a retired technologist/farmer committed to practicing a sustainable lifestyle. He continues to work part-time as a technology consultant focused on helping non-profit organizations leverage technology.

Friday On Campus – Last Four Weeks

11:05 AM – 12:20 PM

What Can We Do About Political Polarization?

Limit: 30

Presenter: Paul Stoddard

This course is a response to the political extremes that seem to have taken over our country in recent years. We will discuss some options for political engagement, philosophical ideas about democracy, how to protect ourselves from distress, wise use of technology, and other topics. Note that this course is intended to be non-partisan, neither for nor against Republicans or Democrats. Constructive class participation is welcome.

Paul Stoddard is a retired computer systems architect living in Poughkeepsie, NY. He has a B.A. from the University of Rochester. He worked at AT&T for 38 years. He taught a course called Technology & Ethics at Ashesi University (Ghana), the Vassar College Lifelong Learning Institute, and at the Marist Center for Lifetime Studies. Paul serves on the Dutchess County Advisory Board of the Community Foundations of the Hudson Valley and as a “Book Buddy” for Dutchess County Literacy Connections. He is the President of the Board of the Howland Chamber Music Circle in Beacon, NY.

Friday On Campus – Last Four Weeks

1:45 – 3:00 PM

Holistic Movement and Education for All Bodies

Limit: 20

Presenter: Samantha Fulton

This course will be offered by a holistic physical therapist and two therapeutic yoga teachers. The focus will be on educating students on modalities to address common aches, pains, and limitations that naturally come with aging, as well as tools to navigate the normal stressors of life. Experiential practices will include movement, breathing techniques, nervous system regulation, and overall body/mind awareness. Each class will consist of a brief discussion and include movement practices that are accessible and appropriate for all abilities, ages, and experience levels. Please wear loose comfortable clothing that you can move freely in.

Samantha Fulton is a holistic physical therapist, therapeutic yoga teacher, and founder of FulBeing Collective, a therapeutic healing center in Wappingers Falls. Samantha has been practicing physical therapy for 20 years, the last 15 in the Hudson Valley. She specializes in serving those living with chronic pain, as well as the perinatal population. Yoga and movement classes at FulBeing serve folks that are working with injuries or ailments, or any other limitations that would make typical yoga

studio classes inaccessible.

Samantha is joined in this series by **Joelle VanSickle** and **Dani Locastro**, both of whom are therapeutic yoga instructors.

Friday On Campus – Last Four Weeks

3:20 – 4:35 PM

Astronomy Update, 2025

Limit: 30

Presenter: Fred Chromey

We will examine ten astronomical advances, drawn mainly from the popular press during the last 12 months. We will look at both the public presentation of each claimed advance as well as its significance in the view of the astronomical community. In the most interesting cases, astronomers are vigorously debating this significance. The final choice of 10 topics will emerge over the year, but some candidates are: "Did the Webb Telescope Break Cosmology?"; "Evidence for Planet 9 in the Solar System"; "Evidence for Biology on Exoplanet K2-18b"; "Dark Energy Doesn't Exist"; and "First Light at the Rubin Telescope."

Frederick Chromey is the Matthew Vassar Jr. Emeritus Professor of Astronomy. He taught at Vassar College from 1981 to 2016, where he also served as Director of the College Observatory. His publications mainly concerned observational investigations of the Milky Way and nearby galaxies. He is the author of the 2016 textbook, *To Measure the Sky: An Introduction to Observational Astronomy*.

TUESDAY ZOOM CLASSES – EIGHT WEEKS

Tuesday On Zoom – Eight Weeks

11:05 AM – 12:20 PM

Study of Caribbean Literature: The Mimic Men by V.S. Naipaul

Limit: 100

Presenter: Jacqueline Goffe-McNish

This class will explore the influences of colonization on the lives of the peoples of the Caribbean islands through an examination of the novel, *The Mimic Men* by V. S. Naipaul. These influences are still affecting lives even though most islands have been independent for over 50 years because post-colonial ambivalence is ingrained in the culture. In these sessions, we will explore "mimicry" as presented by Naipaul. The novel is set in Trinidad and London but could be any island and any colonial state. The characters are well developed and the themes are obvious.

Suggested Reading: The novel, *The Mimic Men* by V.S. Naipaul

Jacqueline Goffe-McNish, Ph.D., was a professor of English and Humanities at Dutchess Community College for thirty-two years. She has taught Composition, Introduction to Literature, African American Literature, Caribbean Literature, Technical Writing, and Bible as Literature since 1991 at DCC. She graduated from St. John Fisher University in Rochester and SUNY Brockport. Her master's thesis was "The Teaching of African American Literature in High Schools". She completed a Doctorate in Education at St. John Fisher University. She has written two textbooks: *Composition in Fifteen Weeks*, published by Kona Publishers and *Analysis, Approaches, and Appeals in Introductory Literature*, published by Kendall Hunt Publishers.

Tuesday On Zoom – Eight Week Classes Continues

Tuesday On Zoom – Eight Weeks

1:45 – 3:00 PM

Aftermath of the Reformation, Histories of Genre Painting

Limit: 35

Presenter: John McGiff

We will compare various subject-specific areas of painting that have occurred over the last 400 years in Western art. How does comparing works from different periods and cultures reflect what communities are/were engaged by? For example, what could we learn from comparisons such as the following: Alice Neel vs. Holbein the Younger, or Neil Welliver vs. Corot, or Janet Fish vs. Pieter Claesz? The goal of the course is to establish an appreciation for how genre painting from a wide range of cultures and time periods has served the need we have for image making.

Weekly links to video and pertinent texts will be provided prior to each class meeting.

John McGiff has been an artist and teacher for over 40 years. He was an adjunct at Drexel and Temple Universities in Philadelphia and was Chair of the Arts Department at St. Andrew's School, an independent boarding school in Delaware, for more than 20 years. He taught studio arts courses and art history and has shown his paintings at numerous venues across the mid-Atlantic region. He and his wife, "The Salt-Point Potter," live in Dutchess County, New York.

TUESDAY ZOOM CLASSES – FIRST FOUR WEEKS

Tuesday On Zoom – First Four Weeks

9:30 – 10:45 AM

Mystical American West

Limit: 100

Presenter: Nathan Rosenblum

A study of the spiritual history and culture of the American West from ancient times to the present. We will examine folklore, art, literature and ceremonial practices and see how they interact to form the cultures of the region. Ultimately, we will discover the great significance of this area to our world today and to our own lives.

Dr. Nathan Rosenblum is a lecturer and scholar of mysticism and esoteric studies. An ordained interfaith minister with degrees in literature, history and metaphysical philosophy, he works to show the interconnections between many fields of knowledge and spiritual understanding.

Tuesday On Zoom – First Four Weeks

9:30 – 10:45 AM

The Mindful Senior

Limit: 50

Presenter: Lyla Yastion

Have you ever wondered why, as we age, we begin to forget simple things like, "where did I leave the keys?" or "where are my glasses?" Scientific research in brain function shows that practice in mindfulness re-energizes brain cells, enhancing cognitive capacities and reducing stress. We will examine the effect of mindfulness practice on health— particularly the challenges of aging— and its application in education and in developing a sustainable lifestyle. The course will provide experiential tools whereby we can use mindfulness to enhance physical and mental health, deepen relationships, and provide insight into paths of spiritual development.

Lyla Yastion received a Ph.D. in Anthropology from the University of Albany and taught courses in anthropology and religious studies for 18 years at the college level. After retiring, she began presenting courses at lifelong learning centers in the Hudson Valley. Lyla has written three books: *Pause Now: Handbook for a Spiritual Revolution*; *Homesick: finding our way back to a healthy planet*; and her latest, released in April 2025, *My Years as an Alzheimer's Caregiver: transcending loss by nurturing spirit*. Lyla is a reiki master. She studied mindfulness with Jon Kabat-Zinn and is certified in mindfulness-based-stress-reduction (MBSR).

Tuesday On Zoom – First Four Weeks

11:05 AM – 12:20 PM

Ancient Practices for Emotional Balance

Limit: 100

Presenter: John Platt

Ancient practices from India and China are legendary for their ability to heal physical abnormality. However, these practices don't focus exclusively on the body and physical energy. They also can transform negative emotional energy and facilitate states of emotional calm and well-being. The Masters knew that changing negative emotions to positive was a matter of using a number of positive vibratory energies that can train the body and emotions to work in a more positive way. The energies for this alchemy (or change) include sound, color, subtle movements, and breath work.

Suggested Reading: *The Five Element Orchard* by John and Mary Platt

John Platt has been learning and teaching various Chinese arts since 1966. In 1991 he began an intense study of Tai Chi Chuan under various teachers, including Shifu Jiang Jian-Ye, and a study of Qigong from Masters Lee Holden and Dr. Yang Jwing Ming. John is certified to teach Qigong from the National Qigong Association. He is the author of two books: *The Five Element Orchard* and *Qigong: A Toolbox of Energy*. He lives and teaches in the Hudson Valley.

Tuesday On Zoom – First Four Weeks

1:45 – 3:00 PM

Poetry of Courage

Limit: 25

Presenter: Marcy Heidish Dolan

"Courage is not the strength of the body. . . but the strength of the spirit," wrote poet J.R.R. Tolkien. Poetry's insight and invigorating power show the spirit's strength by its lasting existence. Poems have always inspired and supported us, calling forth our own power and endurance. In these turbulent and challenging times, we need and seek words that call forth our own inner perseverance. As a response to that need, we will be enriched by the writers Louise Gluck, Ted Kooser, Mary Oliver, Billy Collins, Maya Angelou and more. Together, we will listen to their words. Poems will be emailed individually in advance of each class. The classes will include reading, reflection, discussion and lectures.

Suggested Readings: The poetry of Maya Angelou, Ada Limon, Pablo Neruda and others.

Marcy Heidish-Dolan is an award-winning author of 18 published books: poetry, fiction and nonfiction. She is a recipient of a Schubert Fellowship and a grant from the National Endowment for the Arts. A Vassar College honors graduate, Marcy has taught creative writing and English Literature at Georgetown, George Washington, and Fordham Universities. For almost twenty years she was a regular weekly volunteer at a local shelter for homeless women. Marcy and her husband are long-time residents of Washington, D.C.

TUESDAY ZOOM CLASSES – LAST FOUR WEEKS

Tuesday On Zoom – Last Four Weeks

11:05 AM – 12:20 PM

Shibashi 18 Qigong/Tai Chi

Limit: 50

Presenter: Cris Caivano

The Shibashi 18 Tai Chi/Qigong form was created to move healing energy through all the meridians of the body. It improves flexibility, builds balance and lower body strength, clears the mind, and dissolves stress and tension through a series of flowing, graceful movements based on the ways energy moves in nature. Shibashi 18 is one of the most practiced—and enjoyed—forms worldwide. It's so healing that all students of traditional medicine in China are required to study it! A perfect mixture of invigorating and calming moves, it's a perfect yin/yang workout for beginners as well as experienced practitioners.

Cris Caivano is an exercise/movement therapist, a certified Qigong instructor (Santa Cruz Qigong Center, Lee Holden), and author of the twice-published book, *Strength Training, Staying Fit and Fabulous* (Dover, 2018). Originally a dancer, Cris taught dance at SUNY Purchase for over 11 years, as well as at the 92nd St Y in New York City and at the Davis Art Center, Davis CA. With a teaching background of 40+ years, she currently offers Qigong classes through her website, criscaivano.com, as well as dance and Qigong workshops throughout the greater New York area and at Kripalu in Lenox, MA. Cris holds an M.A. from Columbia University Teachers College.

Tuesday On Zoom – Last Four Weeks

1:45 – 3:00 PM

Psychology and Film

Limit: 100

Presenter: Denise Morett

Film is a powerful art medium for exploring topics in psychology. The film industry has long had a tremendous role in our society in countless ways, including entertaining, inspiring and teaching. Students will watch films that reflect multiple psychological themes. Class discussion will reflect key elements about the psychology of a viewer's experience; the filmmaker/production; depictions of psychology and of psychologists/healthcare; and psychological issues/treatment. Students will watch films prior to the class meeting for that film. This will require students to watch the first film prior to the start date of class. Films will be available on the Vassar LLI site for free viewing.

Note to former students: Different films will be used from those discussed in previous semesters. While concepts will be familiar, application to new films will always expand and inform further.

Suggested Reading: *Psychology at the Movies* by Skip Dine Young

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 her 30-year 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.

LUNCH, Then LEARN

FRIDAY – SINGLE SESSION CLASSES – ON CAMPUS – 12:45 – 1:30 PM

Note: Registration for these classes will begin the Monday prior to each class. Lunch may **not** be eaten during class

Friday, October 3

12:45 – 1:30 PM

Introduction to Beekeeping and Honeybee Behavior

Limit: 30

Presenter: Jared Flagler

Come and learn about the world of *Apis mellifera*, the European honeybee, from the beekeeper's perspective. In this course we will learn about honeybees, their behavior, and how beekeepers leverage the honeybee's natural behavior to pollinate crops and produce honey, and how bees lived harmoniously with humans for thousands of years.

Jared Flagler has been keeping bees for five years. What started as a simple, small-scale hobby, accidentally turned into a thriving and growing business. Through trial and massive errors, he has become a competent beekeeper in the mid-Hudson Valley, and plans on sustained growth of operation.

Friday, October 17

12:45 – 1:30 PM

Escape: Europe and the Middle East, 1918-1948

Limit: 30

Presenter: Eve Gendron

In 1938, decisive action meant life or death for Austria's Jews. The story of my father's narrow escape from Nazi-occupied Austria, and his leadership in a transport of Jewish youth to British Mandate Palestine, forms a narrative thread against the fabric of the interwoven forces of authoritarianism, nationalism, antisemitism, waning empires, changing borders, human migrations and war that were part of the seismic geopolitical changes in Europe and the Middle East between 1918 and 1948. Historical and personal documents and photographs will present an overview of these forces and the ways they shaped, and were shaped by, individual lives.

Eve Gendron was a practicing architect for two decades and an occasional sculptor and illustrator, now moving into storytelling for page and screen. Her father, David Jordan, was actively involved with Jewish youth in Vienna, Austria, served in the British Army in Palestine, and worked as a journalist and diplomatic attache in Tel Aviv and Paris before immigrating to the United States. In addition to Eve's independent historical research on the topic, this class is based upon her father's private poetry and writings, his novel, *Vienna Farewell*, his Shoah Foundation testimony, and many conversations over the years.

Friday, October 24

12:45 – 1:30 PM

Impact of Charitable Giving in Your Community

Limit: 30

Presenter: Serena Marrero

This class will provide a brief overview of the history of philanthropy in the US and local charitable initiatives that have helped to shape, build, and support our Hudson Valley communities. We will explore the impactful role of the Community Foundations of the Hudson Valley, charitable funds established by families and individuals to meet community needs, and the non-profit organizations serving these needs. Join us to learn how easy and enjoyable it

can be to make a difference in your local community! The meaning of philanthropy, “love of humanity,” has evolved over time but the value of altruism realized through charitable giving remains.

Serena Marrero joined CFHV in December 2020. She is responsible for deepening and broadening the CFHV’s network of attorneys, financial advisors, accountants, brokers, and others who work regularly with their clients in the area of planned giving. Community Foundations of the Hudson Valley (CFHV) empowers individuals, families, businesses, and organizations to fulfill their philanthropic goals through the establishment of charitable funds that support the needs of Dutchess, Putnam, and Ulster counties. With over \$120 million in assets, CFHV manages nearly 600 charitable funds and has distributed more than \$777 million in grants and scholarships since January 2000. We lead initiatives to address urgent community needs such as food insecurity and educational challenges, offering both immediate relief and long-term support.

Friday, November 7

12:45 – 1:30 PM

Magic Show!

Limit: 30

Presenter: Sudhir Desai

Sudhir will perform a few illusions for the entertainment of our members.

Sudhir Desai started his magic journey when he took a class at the LLI called Magic For Grandparents. He enjoyed the class so much that he joined the Society of American Magicians and its local chapter, Al Baker Assembly 35, right away. He has been performing for friends and family since then. He currently serves as the secretary of the Assembly 35.

Friday, November 14

12:45 – 1:30 PM

The Birth of the Atomic Age and its Consequences

Limit: 30

Presenter: Galina Vromen

What was it like to live during WWII in Los Alamos NM where the world's first atomic bomb was built? What were the considerations that went into using the bomb on Hiroshima and Nagasaki, exactly 80 years ago? Based on research for her historical novel, author Galina Vromen will bring alive that monumental period and discuss its impact on the state of nuclear proliferation today.

Suggested Readings: *Hill of Secrets*, by Galina Vromens

Galina Vromen spent more than a decade as a foreign correspondent, mostly for Reuters News Agency, in the Netherlands, Britain, France, Mexico and Israel. After retiring, she focused her journalistic skills on writing *Hill of Secrets*, an historical novel based in Los Alamos during WW II. As a result of her interest in the dawn of the atomic age, she has become well-versed on issues of nuclear arms today.

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