

**LIFELONG
LEARNING
INSTITUTE
VASSAR
COLLEGE**

**LLVC
FALL 2021**

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

FALL 2021 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 via Zoom. Most classes will be small, to promote discussion, informed by the interests and knowledge of both volunteer instructors and LLI members.

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

When selecting courses, please note the dates it meets.

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

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

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

You Will Be Contacted By Your Instructor With Zoom Access And Login Instructions

Lifelong Learning Institute at Vassar College

124 Raymond Ave., Box 160, Poughkeepsie, NY 12604

Office: **Blodgett Hall 237**

Phone: **845-437-7229**

E-mail: lli@vassar.edu

Website: lifelonglearning.vassar.edu

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

FALL 2021 SCHEDULE

SINGLE LEARNING EVENTS

Registration for Single Events is on a first-come first-serve basis, if the class has a limit.
Before each special event you will be sent a registration link to sign up.

Dates	Times	Event	Pg
Thurs, Sept 30	1-2:35 pm	FDR's Infamy: Japanese Internment During WW II	5
Thurs, Oct 14	3-4:30 pm	Walkway Over the Hudson: History from 1888 to Date	6

IN PERSON COURSES

Off Vassar Campus - Not On Zoom - On Special Days

Dates	Times	Event	Pg
4 Weds Sept 22, 29, 6, 13	1-2:15	Pickleball	6
4 Weds Sept 22, 29, 6, 13	3:20-4:45	Printmaking with a Press	7
4 Thurs Sept 30, Oct 7, 14, 21	10 am-Noon	Gentle Walks in the Hudson Valley	7
4 Weds Oct 22, 29, Nov 5, 12	1:45-3:00	Reconnecting with Nature for Health and Well-Being	8

TUESDAY ZOOM CLASSES

First Section **Tuesdays, 9:30 – 10:45 am**

Dates	Weeks	Course	Pg
Sept 21 – Nov 9	8	The Nature of Food	8
Sept 21 – Nov 9	8	The Roaring 20s: Then and Now	9
Sept 21 – Oct 19	First 5	The Faces Behind the Cases	9
Oct 19 – Nov 9	Last 4	The Hudson River Estuary	10

Second Section Tuesdays , 11:05 am – 12:20 pm			
Dates	Weeks	Course	Pg
Sept 21- Oct 12	First 4	Slavery, Anti-Slavery and the Underground Railroad	10
Sept 21- Oct 12	First 4	American Utopias	11
Sept 21- Oct 12	First 4	Art on the Edge.... and Over	11
Oct 19-Nov 9	Last 4	Untold History: Local Africans and Their Descendants	12

Lunch Break

Third Section Tuesdays , 1:45 – 3:00 pm			
Dates	Weeks	Course	Pg
Sept 21 – Nov 9	8	Timeless Goddess: Re-Igniting the Divine Feminine	12
Sept 21 – Nov 9	8	The Ideal Image: Influences and Counterpoints	13
Sept 21- Oct 12	First 4	Why NYC Looks the Way It Does	13

Fourth Section Tuesdays , 3:20 – 4:35 pm			
Dates	Weeks	Course	Pg
Sept 21 – Nov 9	8	iFogey: A Workshop on iPhone Creativity	14
Sept 21 – Nov 9	8	Aesthetic History of Photography	15
Sept 21- Oct 12	First 4	The Wines of New York's Finger Lakes	15
Oct 19-Nov 9	Last 4	Discover Scenic Hudson Parks!	15

FRIDAY ZOOM CLASSES

First Section Fridays , 9:30 – 10:45 am			
Dates	Weeks	Course	Pg
Sept 24- Nov 12	8	Strong Women, Strong Stories, Strong Storytellers	16
Sept 24-Oct 29	First 6	Cataclysm: America, Germany and the USSR 1932-42	16

Second Section Fridays , 11:05 am – 12:20 pm			
Dates	Weeks	Course	Pg
Sept 24- Nov 12	8	American Art through an Appraiser's Eye	17
Sept 24-Oct 29	First 6	Managing Conflict	17
Sept 24-Oct 29	First 6	The Art and Fun of Telling Stories: A Hands-on Approach	18

Lunch Break

Third Section Fridays , 1:45 – 3:00 pm			
Dates	Weeks	Course	Pg
Sept 24- Oct 15	First 4	Ancient Mysteries of Latin America	18
Sept 24- Oct 15	First 4	Psychology of Film	18

Fourth Section Fridays , 3:20 – 4:35 pm			
Dates	Weeks	Course	Pg
Sept 24- Nov 12	8	Caste: The Origins of Our Discontents by Isabel Wilkenson	19
Oct 8-Nov 12	Last 6	Families: Social Science and Historical Perspectives	19
Oct 22-Nov12	Last 4	Poughkeepsie Gallery Tours	20

SINGLE LEARNING EVENTS CATALOG

Thursday, Sept 30, 1:00-2:35 pm

FDR's Infamy: Japanese Internment During WW II

Limit: 100

Presenters: Linda Bouchey and Al Vinck

Although Franklin Delano Roosevelt is generally considered by historians to have been among just a handful of great American presidents, he did make mistakes. The decision to imprison over 120,000 people of Japanese descent, most of them American citizens, will go down as a failure of political leadership based on race prejudice, West Coast commercial interests and national war hysteria. This presentation will trace the unfortunate events leading up to the President's Executive Order of Removal through the recognition in the 1980s of the nation's error.

Linda Bouchey and Al Vinck are retired Hyde Park educators. They have been interpreters at Top Cottage—FDR's presidential retreat, board members for the Roosevelt-Vanderbilt Historical Association and Wilderstein Preservation, and house managers at Wilderstein Preservation. They served as co-chairs of the Franklin and Eleanor Roosevelt Educational Memorial, a permanent public exhibit at the original Franklin D. Roosevelt High School. Linda and Al have given presentations for local educational and historical groups. To name just a few: Hyde Park St. James Church Fireside Chats, LLIs at Bard, Marist and SUNY New Paltz, and the National Park Service in Hyde Park.

SINGLE LEARNING EVENTS CONTINUE

Thursday, Oct 14, 3:00-4:30 pm

Walkway Over the Hudson: History from 1888 to Date

Limit: 100

Presenter: Fred Schaeffer

The railroad bridge for many years had 50 trains a day cross it, since it was the only railroad bridge over the Hudson River south of Albany, N.Y. When it opened in 1888, trains could ship coal and grain from the rest of the country to New England and goods manufactured in New England to the rest of the country. Three thousand five hundred freight cars went over it every day. It was abandoned as a railroad bridge in 1974 when fire damaged a section of it.

Recommended reading: Carleton Mabee's *Bridging the Hudson*

Fred Schaeffer was chairman of the Walkway Over the Hudson organization from 2004 to 2010. This was the period during which the abandoned railroad bridge over the Hudson River, built in 1888, was converted into the longest pedestrian bridge in the world. Fred will tell the history of the bridge as a railroad crossing and how a group of citizens took control of it and were able to turn it into a bike path and walkway. Now over 500,000 visitors enjoy the view of the Hudson Valley from the bridge, which is 212 feet high over the Hudson River.

IN PERSON COURSES CATALOG

Off Vassar Campus - Not On Zoom - On Special Days

Four Wednesdays (Sept 22, 29, 6, 13) 1-2:15 pm
at James Baird State Park
14 Maintenance Ln, Pleasant Valley, NY

Pickleball

Limit: 10

Presenter: Vicky Weinblatt

This course is a four-week Introduction to pickleball, including game play. The first two weeks will cover instruction and the last two weeks will be playing the game.

Class size limited to ten people and meets at James Baird State Park. This class size requires two courts. Participants will be responsible for bringing their own paddles. The paddles can be purchased on Amazon, and a beginner racquet runs \$20-\$40.

Vicky Weinblatt has recently retired from IBM, GLOBAL Foundries, Marvell Technology after 38 years. She started playing pickleball about 2 years ago and instantly became hooked, as it is easier to play than tennis and provides a ton of fun exercise. Vicky has taught/ co-taught the game at Lime Kiln Recreation in East Fishkill and at Fishkill Recreation Center. She enjoys sharing her passion for the game with others. Her other hobbies include hiking, biking, and skiing.

Four Wednesdays (Sept 22, 29, 6, 13) 3:20-4:45 pm
at the Underwear Factory
8 North Cherry Street, Poughkeepsie, NY

Printmaking with a Press

Limit: 6

Presenter: Anita Kiewra

Learn the art of etching and printing on the Barrett etching press at PUF Studios at the Poughkeepsie Underwear Factory. Make an etching using non-toxic techniques and practice intaglio printing. In four sessions, in person, you'll learn about intaglio techniques such as etching, aquatint, dry point and engraving.

Anita Fina Kewra is a teaching artist who earned her master's degree in art education from The College of Saint Rose. She currently works for Hudson River Housing, leading Upcycle, an arts-based workforce training social enterprise for people transitioning from homelessness. Anita is the Manager of Hudson River Housing's community printmaking studio on the second floor of the Poughkeepsie Underwear Factory. She is also a co-founder and co-owner of Queen City 15 Gallery in Poughkeepsie.

Four Thursdays (Sept 30, Oct 7, 14, 21) 10 am -12 noon

Gentle Walks in the Hudson Valley

Limit: 20

Presenters: David Bloom & Mark Boujikian

This course offers members an opportunity to get to know each other as they explore the beauty of our Hudson Valley. David Bloom and Mark Boujikian are the walk leaders. Each Thursday morning walk culminates with an informative talk.

Participants will meet at a designated location at 10 AM. Detailed directions will be provided each week by the class manager.

Week 1 Sept 30 - Walk to Denning's Point in Beacon. Scenic Hudson will present a talk at the Red Barn in Long Dock Park

Week 2 Oct 7 - Minnewaska State Park with a presentation by environmental educator Laura Connor

Week 3 Oct 14 - Ashokan Reservoir with a talk by Adam Bosch, the Director of Public Affairs NYC Environmental Protection

Week 4 Oct 21 - Norrie Point to Mills Estate with a talk by Chris Bowser, the Education Coordinator at Norrie Point

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.

Four Wednesdays (Oct 22, 29, Nov 5, 12) 1:45-3:00pm
at the Vassar Nature Preserve

Reconnecting with Nature for Health and Well-Being

Limit: 12

Presenter: Michelle Olson

Shinrin-yoku or Forest Bathing is the research-based experience of immersing in the more-than-human-world. Research has demonstrated numerous physiological health benefits, especially in the cardiovascular and immune systems, and for stabilizing and improving mood and cognition. This course will be based in forest therapy experiences which help promote and deepen our reciprocal relationship WITH nature. This course will be held in a small, safe group outdoors. This class is designed for anyone who would like to deepen their relationship with the natural world, be more attuned to their senses and learn how our interconnection in and with nature can promote health, gratitude and joy!

Please note that this is NOT a hiking class or an ecology course. There will not be any strenuous walking. This course is about noticing and paying close attention, tuning into our senses, nurturing our relationship with the natural world and with ourselves. We are ALL nature and everyone of all abilities is welcome! You are welcome to bring a chair!

Suggested Readings: Not necessary, but you may find useful and very interesting! *Your Guide to Forest Bathing: Experience the Healing Power of Nature* by M. Amos Clifford and *The Japanese Art and Science of Shinrin-Yoku: Forest Bathing How Trees Can Help You Find Health and Happiness* by Dr. Qing Li

Dr. Michelle Olson is a social gerontologist and licensed, board-certified creative arts therapist with a strong passion and commitment to positive and healthy aging. Michelle is an adjunct professor at Montana State University in the Health and Human Development Department. She also works with Clear Guidance, LLC, assisting families that are facing challenges (and opportunities!) related to aging or changes in cognition, or mental health. Michelle recently founded Evergreen Minds, Inc., a 501(c)(3) charitable organization, providing meaningful experiences for people living with dementia and their care partners to engage in and with nature and the expressive arts. Michelle is also receiving certification training to become a forest therapy guide through the Association of Nature & Forest Therapy.

TUESDAY ZOOM CLASSES CATALOG

Tuesdays: 9:30-10:45am 8 Week Classes (Sept 21 – Nov 9)

The Nature of Food

Limit: 15

Presenter: Rob Cohen

We all intuitively understand our food comes from nature, but science and commerce sometimes obscure the connection. During the semester, we will examine the composition, origin, and production process of four foods with social and historic significance. The goal is to gain an appreciation for how nature contributes to our health and wellbeing. The foods we'll be exploring are sauerkraut, bread, beer, and poultry.

Rob Cohen is a farmer who practices sustainable agriculture and a technology consultant focused on helping non-profit organizations leverage technology. His lifelong interest in science, history, and understanding how stuff works shaped his unique approach to staying connecting to nature while living and working in an increasingly unnatural environment.

Tuesdays: 9:30-10:45am 8 Week Classes (Sept 21 – Nov 9)
The Roaring '20s: Then and Now Limit: 100

Presenter: **Chuck Mihaan**

In 1920 the Treaty of Versailles officially ended World War I, and Prohibition went into effect. The Great Influenza pandemic subsided, Warren G. Harding was elected president, and women voted for the first time. It was the beginning of what became the Roaring 20s, an exciting (and foreboding) decade in the arts: jazz, literature, painting, the Bauhaus, Broadway, cinema, Weimar and so much more. One hundred years later, might we be on the threshold of another roaring decade? Through videos, narrative and discussion, we'll delve into the highlights of the decade that broke new ground and rejected traditional standards.

Chuck Mishaan has been presenting his popular "Opera as Politics" course at VCLLI for several years. His commentary on the intersection of politics and the arts continues with this course on The Roaring '20s.

Tuesdays: 9:30-10:45am First 5 Weeks (Sept 21 – Oct 19)
The Faces Behind the Cases Limit: 30

Presenter: **Mickey Steiman**

Lawyers cite cases as precedent to support their arguments. Judges cite cases as precedent to justify their decisions. People in general discuss the social and political implications of significant cases. There is, however, another rarely discussed aspect of major decisional case law: the human-interest side. The litigants, lawyers and judges were real-life people with lives and stories that go beyond the cases that pushed them into the legal limelight. This course will first touch upon the significance of some famous cases and then focus on the stories of the participants to see the faces behind the cases.

Mickey Steiman (A.B. Colgate University; J.D. Syracuse University College of Law) has been in private practice for thirty-eight years in Dutchess County. He has also served as senior trial attorney in the Office of Special Litigation, United States Department of Justice, Washington, D.C. and has been an adjunct professor at Marist College.

TUESDAY CLASSES CONTINUE

Tuesdays: 9:30-10:45am Last 4 Weeks (Oct 19 – Nov 9)

The Hudson River Estuary

Limit: 100

Presenter: **Sarah Mount**

In this course we'll learn about the Hudson River estuary. Topics will include Hudson River geography, habitats, fish, and community science projects that you can be a part of going forward. Learn about the mighty sturgeon and the mysterious eel, tidal wetlands, and aquatic vegetation, all of which are found in the Hudson Valley.

Sarah Mount is a science educator with the New York State Department of Environmental Conservation, Hudson River National Estuarine Research Reserve and Hudson River Estuary Program. She works on Hudson River based education and community science projects. She received her BA in biology from Bard College, and her MS in Fish and Wildlife from SUNY Environmental Science Forestry.

Tuesdays: 11:05 am -12:20 pm First 4 Weeks (Sept 21- Oct 12)

Slavery, Anti-Slavery and the Underground Railroad

Limit: 100

Presenter: **Peter Bunten**

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

Peter Bunten is chairman of the Mid-Hudson Antislavery History Project, located in Dutchess County, and is the current vice president of the Underground Railroad Consortium of New York State. He is a trustee of the Dutchess County Historical Society and is affiliated with Celebrating the African Spirit in Poughkeepsie. Before his retirement in 2018, Mr. Bunten was the education manager for Historic Hudson Valley. He has a Master's degree in historical studies, with an emphasis on public history, from the University of Maryland, Baltimore County. He is a native of Poughkeepsie and currently lives in the Bronx.

TUESDAY CLASSES CONTINUE

Tuesdays: 11:05 am -12:20 pm First 4 Weeks (Sept 21- Oct 12)

American Utopias

Limit: 100

Presenter: **Sandra Opdycke**

Throughout history, people have banded together to build new utopian communities, designed to be purer or happier or fairer than the society around them. This course will explore several dozen American utopias, ranging from the Shaker villages of the early 1800s, to the Kansas towns built by former slaves in the 1880s, to the hippie communes of the 1960s, to the Disney Corporation's town of Celebration, Florida, in the early 2000s.

Sandra Opdycke, Ph.D. is a retired historian. She has written books about the woman suffrage movement, Bellevue Hospital, the flu epidemic of 1918, and the WPA of the 1930s, as well as a biography of Jane Addams and several co-authored books and articles on social policy. She worked at Hudson River Psychiatric Center, and later taught American history and urban history at Bard, Vassar, and Marist Colleges. She serves as an occasional lecturer at the Center for Lifetime Studies in Poughkeepsie.

Tuesdays: 11:05 am -12:20 pm First 4 Weeks (Sept 21- Oct 12)

Art on the Edge... *and Over*

Limit: 20

Presenter: **Linda Weintraub**

We will cull works of art from the 21st century that are having comparable disruptive effects that Cubism, Minimal Art, and Pop Art had in the 20th century. We will consider the possibility that the ultimate esteem bestowed upon these maverick artists will also be comparable. What kind of conventions are they challenging?

- Artistic creativity is activated as a cooperative venture shared by artists and non-humans.
- Artworks that are designed to decompose.
- Artists that resist originality with the same intensity that conventional artists pursue it.

We will take advantage of the discussion potential that these topics provide.

Linda Weintraub is a curator, educator, artist, and author of several popular books about contemporary art: *In the Making: Creative Options for Contemporary Artists* (2003); *Art on the Edge and Over: Searching for Art's Meaning in Contemporary Society* (1996); *What's Next? Eco Materialism & Contemporary Art* (2018), *TO LIFE! Eco Art in Pursuit of a Sustainable Planet* (2012). Her forthcoming book is titled "Who Do You Eat?" She served as the director of the Edith C. Blum Art Institute located on the Bard College campus. Weintraub was the Henry Luce Professor of Emerging Arts at Oberlin College.

TUESDAY CLASSES CONTINUE

Tuesdays: 11:05 am -12:20 pm Last 4 Weeks (Oct 19 – Nov 9)

Untold History: Local Africans and Their Descendants

Limit: 100

Presenter: **Bill Jeffway**

“Invisible People & Untold Stories” was a landmark article in the 1987 Dutchess County Historical Society Yearbook by Lawrence Mamiya and Lorraine Roberts about the inattention given to local Black history. Working from their premise, we look at the experience of local Africans and those of African descent from earliest settlement and enslavement to the juggernaut of World War One’s failed promise. We meet the simple farmer and the first Black judge in the United States, and many in between, involved in anti-slavery and the Underground Railroad. We examine contemporary conversations about historical depictions in public places and monuments.

Additional course information:

Four classes:

1: **Black History by the Numbers.** Through census records and other source material we examine the scale, location, and migration of enslaved and free populations from earliest settlement.

2: **Local Black Experience in WW1.** We examine the segregated recruitment, deployment, and reception of the return of Black troops.

3: **Profiles in Courage.** Through recent oral histories, 19th century photographs, and other means, we meet a wide range of named individuals.

4: **Black History in Public Places & Monuments.** We examine recent conversations about 1940 WPA post office murals and planned contemporary monuments led by “Celebrating the African Spirit.”

You will find the referenced "Invisible People, Untold Stories" under "Stories from DCHS Yearbooks" at the Dutchess County Historical website www.DCHSNY.org/african-heritage.

Bill Jeffway is the executive director of the Dutchess County Historical Society (DCHS). He has been an active member of the former Black History Project Committee of Dutchess County, which, under the leadership of Carmen McGill, recently re-launched as Celebrating the African Spirit (CAS). CAS is dedicated to telling the history of local Africans and those of African descent, and Bill is a member of its research committee. In his role at DCHS, Bill has put an emphasis on the telling of untold stories including women's history and veterans' stories of service, and innovative digital communications and educational tools.

Tuesdays: 1:45 - 3:00 pm 8 Week Classes (Sept 21 – Nov 9)

Timeless Goddess: Re-Igniting the Divine Feminine

Limit: 20

Presenter: **Vincenza Dante**

Encounter the Timeless Goddess across world cultures and Her role in human history, art, music, and literature dating from Paleolithic times to the current marginalization of the Divine Feminine in modern western society. Learn how the once revered Crone Goddess (now misunderstood and maligned due to associations with aging and death) has been exiled. Explore the impact on society and the role of Elder women. Class will encourage new learning, personal growth and reflection through discussion, writing and creative visualization. Class members are encouraged to

envision an awakened feminine world where elder women (and all women) are honored, respected change-makers.

All genders welcome! This course does not require a particular belief system or religious affiliation. Timeless Goddess aims to explore the Goddess archetype (Divine Feminine) from multiple perspectives and cultural lenses to note how various belief systems influence the actual treatment of women in daily life. Ultimately, this class calls members to retrieve and nourish the gifts of the exiled Goddess by empowering the inner Feminine (in all genders) to help bring more balance into our modern troubled world.

Vincenza Dante is a mental health consultant, workshop leader and educator with a lifelong interest in cross-cultural spiritual traditions. A licensed creative arts therapist, licensed clinical social worker, and an ordained minister for a non-denominational church, her spiritual journey has included studies in eastern traditions in Nepal, Tibet and India, Kabbalah studies with Rabbi Jacob Simonson, medicine wheel gatherings with Chippewa Medicine Man, Sun Bear, and shamanic trance dances in southern Italy. She has been involved in Kundalini Yoga practices for 25 years. Recently, Vincenza Dante retired from Arlington Central School District, where she was a school social worker.

Tuesdays: 1:45 - 3:00 pm 8 Week Classes (Sept 21 – Nov 9)

The Ideal Image: Influences and Counterpoints

Limit: 40

Presenter: **John McGiff**

Each culture creates its pictorial ideals for the values they cherish. In paintings, sculpture, monuments and architecture, these images are in constant flux, but there are common attributes to how they have evolved. Icons of political power and authority, the ideals of beauty and the general values we cherish are what we've worked to imagine and enshrine in our cultures. The course will look at both ancient and modern societies to investigate the dynamics that have given rise to these images we identify with and are branded by. We will also consider outside influences on these images and their counterpoints.

John McGiff has been an educator for thirty years. After receiving an MFA from the University of Pennsylvania in 1989, he worked for seven years as an adjunct at Temple and Drexel Universities, teaching drawing, design and painting, and served one year as a full-time assistant professor of painting at Temple. He later became chair of the arts department at St. Andrew's School, a preparatory boarding school in Delaware. In addition, he has run the Warner Gallery, taught AP art history, painting, drawing and a senior seminar for twenty-two years.

Tuesdays: 1:45 - 3:00 pm First 4 Weeks (Sept 21 – Oct 12)

Why New York City Looks the Way It Does

Limit: 35

Presenter: **Ethel Sheffer**

New York is a world metropolis, a place of neighborhoods, a center of commerce and a generator of arts, culture, and entertainment. It seems to embody the best and worst of urban life. Its buildings, streets, parks, and transportation are admired and enjoyed, and at the same time, are reviled, frightening and confusing. We will explain New York's physical character and development

and try to make sense of what we see and experience in "The Big Apple". Four sessions will cover the following subjects: the historic and evolving city; planning, zoning, public spaces, and parks; neighborhood changes and historic preservation; super tall skyscrapers and mega-developments.

Ethel Sheffer, FAICP, is an urban planner who has taught at Columbia University and has an extensive knowledge of New York City neighborhoods. She has been a community leader in several noteworthy developments and significant battles and controversies. She is also a member of the NYC Public Design Commission.

Tuesdays: 3:20 - 4:35 pm 8 Week Classes (Sept 21 – Nov 9)

iFogey: A Workshop on iPhone Creativity (Apple iPhone required) Limit: 15

Presenters: **Kit Laybourne & Deborah Bond-Upson**

It's always made sense for folks who live on water to know how to swim. Here we are, deep in the Internet Era. Yet how hard it is to clearly see the size of that 6-inch super-computer in our pockets. This class integrates two agendas. The first surveys the iPhone's toolsets, with sessions on voice, photography, customization, collaboration, storytelling, and health. The second agenda is hands-on, using the iPhone for creative projects.

Overview:

- Week 1 - **myPhone:** We introduce presenters, map the iPhone and preview what's ahead.
- Week 2 - **myCloud:** What does "cloud" mean? What does iCloud mean?
- Week 3 - **myVoice:** Talking is easier than typing or scrolling. Siri is a nice girl.
- Week 4 - **myView:** We dive into the virtuosity of iPhone camera via a trio of selfies.
- Week 5 - **myWorld:** Managing opportunities for maximum creative benefit.
- Week 6 - **myStory:** People love to hate on presentation decks. We will go way, way beyond.
- Week 7 - **mySelf:** At the core of all Apple products is health and fitness. Privacy too.
- Week 8 - **myWork:** During the last class, each student will showcase items from their Gallery.

As far as fogey's go, it takes one to know one. **Kit Laybourne** is 78. His career has blended passions for being a teacher, producer, author, and an enthusiast of new technologies. His television work included executive producing with HBO, Oxygen, Nickelodeon, MTV, Tele-TV, and PBS. He was an associate professor at the New School and recently taught in Bard's Prison Initiative. Kit has published two volumes: *The Animation Book*, and *Mediapedia*.

Deborah Bond-Upson: It's Kit's fault. When Deborah was a mere junior in college, her brother-in-law-to-be got her into film animation and teaching in an experimental high school in Philly. Bitten by the Ed Tech bug, though she is an artist and a minister, she is still inventing ways to leverage technology for learning. Solutions include story-based STEM learning, statewide adaptive teacher assessment, and apps to create, research, and publish using Open Education Resources.

Please note: This course requires participants to have an **Apple iPhone!**

We recommend attending classes on a larger screen, with iPhone at your side. You may anticipate 60-90 minutes of assignments each week.

TUESDAY CLASSES CONTINUE

Tuesdays: 3:20 - 4:35 pm 8 Week Classes (Sept 21 – Nov 9)

Aesthetic History of Photography

Limit: 20

Presenter: Robert Stevens

This course will explore the major aesthetic movements through the history of art photography and how they related to the other arts. Starting with the invention of photography in the 1830s and how it defined itself in relation to painting, we will then explore the Pictorialism Movement of the late 1880s and early 1900s; the pure photographic vision of Paul Strand and the clarity of the West Coast Photographers; the revolutionary years in Europe between the World Wars; the Depression years and conclude with the new Social Landscape photography of the 1960s.

Robert Stevens completed graduate studies at the Visual Studies Workshop Photo Center of SUNY Buffalo based in Rochester, NY. In 1979, upon graduation, he became an archivist in the Time-Life Picture Collection for two years; following that, he was a photo editor at *Time Magazine* for almost 30 years. After *Time Magazine* he taught at the School of Visual Arts for 12 years. He was a member of the board of the W. Eugene Smith Memorial Photography Grant. He edited a book of photos on a French photographer: *Yvon's Paris*. He is author of two photo books: *Unintentional* and *Evidence*.

Tuesdays: 3:20 - 4:35 pm First 4 Weeks (Sept 21 – Oct 12)

The Wines of New York's Finger Lakes

Limit: 25

Presenter: Arnold Serotsky

The Finger Lakes region is an important and interesting American viticultural area. This four-session virtual class will cover the Finger Lakes' wine history, terroir, grapes, and a few notable producers. Of course, questions and discussion about wine are always welcome and an important part of the class. Wine tasting is optional and a list of wines available for purchase in Poughkeepsie area wine stores will be shared well before each class.

Arnie Serotsky has been involved in wine studies, tasting, and travel for 50 years. Having visited wine regions in France, Italy, and California, he discovered Keuka Lake wines while living in Rochester. Now a frequent visitor to Ithaca, he visits and enjoys the wines of the Seneca and Cayuga Lake AVAs. Arnie is the vice president of It Was A Good Year, Inc., a wine tasting/education organization that recently celebrated its 40th year in the Mid-Hudson Region.

Tuesdays: 3:20 - 4:35 pm Last 4 Weeks (Oct 19 - Nov 9)

Discover Scenic Hudson Parks!

Limit: 100

Presenter: Rita Shaheen

Let's learn about Scenic Hudson parks and what they offer you. We'll explore a variety of parklands focused on themes: rugged natural areas, outdoor history "museum", transforming an urban waterfront, and a future state park on a 520-acre former industrial site. Questions we'll dive into: What does it take to conserve land and create a park? How do we protect natural, cultural and historical resources while providing great experiences for people? What do you value about parks? What stories are important for people to learn about? How can these parks better serve you and your community?

Scenic Hudson preserves land and farms and creates parks that connect people with the inspirational power of the Hudson River, while fighting threats to the river and natural resources that are the foundation of the valley's prosperity. Scenic Hudson (scenichudson.org) network of parks offers a diversity of features for people of all ages and cultures.

Rita Shaheen loves getting people outside to explore the beauty and wonder of the Hudson Valley. As the director of parks and community engagement at Scenic Hudson, she is responsible for the team of professionals who design, construct and manage the parks and provide recreational and educational programming at the parks. Ms. Shaheen has been with the organization for 25 years. Rita has a background in fine arts and holds a Master in Landscape Architecture.

FRIDAY ZOOM CLASSES CATALOG

Fridays: 9:30-10:45am 8 Week Classes (Sept 24 – Nov 12)

Strong Women, Strong Stories, Strong Storytellers

Limit: 100

Presenter: **Gary Miller**

Pioneer suffragette Emmeline Pankhurst, Nobel Prize-winning scientist Marie Curie, aviator Amelia Earhart, *Life* magazine photographer Margaret Bourke-White, and Supreme Court Justice Ruth Bader Ginsberg are among the strong women whose lives have provided inspiration for millions. But how about the women who told these stories? How and why were they successful? This course illuminates the stories of these women, told through writing, artwork, photography, television, music, and journalism.

Gary Miller is a veteran photojournalist, filmmaker, and live television director with more than 40 years of experience for clients like the New York Stock Exchange, *Time*, *Newsweek*, Fortune 500 companies, museums, and galleries. He has taught freelance photography at The New School and is the author of a book on the same subject.

Fridays: 9:30-10:45am First 6 Weeks (Sept 24 – Oct 29)

Cataclysm: America, Germany and the USSR 1932-42

Limit: 100

Presenter: **Tom Walker**

International events and related domestic concerns will be discussed, including: Americans' response to the Depression, immigration and isolationism; German response to the Versailles Treaty, unemployment and communist threat; Soviet peoples' adaptation to rapid industrialization, minority resettlements and centralization of power. The outsized influence of FDR, Hitler and Stalin highlight the dynamic between powerful leaders and other historical forces during this ten year period that helped shape our modern world.

Tom Walker graduated from the US Naval Academy at Annapolis, MD. He flew from aircraft carriers as a Navy pilot, as well as serving as the legal officer in three squadrons. He has done post-graduate study in

medieval and economic history and has presented courses at Vassar LLI, Bard LLI and Dutchess Community College. He is retired from the US Navy and also from New York State service as a veterans counselor. He lives in the City of Poughkeepsie with his wife.

Fridays: 11:05 am -12:20 pm 8 Week Classes (Sept 24 – Nov 12)

American Art Through an Appraiser's Eyes

Limit: 100

Presenter: **Reagan Upshaw**

"No man except a blockhead ever wrote, except for money," Samuel Johnson told his biographer in 1776. While some artists might disagree with Johnson's bluntness, the need for them to make a living is almost always as important as aesthetic matters. This survey of American art from 1750 to 1970 will deal with commercial issues as much as artistic movements. We will discuss patronage, markets, and changing taste and how those factors directed what artists made. We will also be discussing how changing taste has affected current prices for examples of all schools.

Reagan Upshaw has been an art dealer and appraiser for 40 years. He received his M.A. from the University of Chicago. His articles and reviews have appeared in "Art in America," "Antiques," "The Kresge Museum Bulletin," "Art & Auction," the "Washington Post" and many other publications. He is a certified member of the Appraisers Association of America.

Fridays: 11:05 am -12:20 pm First 6 Weeks (Sept 24 – Oct 29)

Managing Conflict

Limit: 20

Presenter: **Gail Goodman** and **Ruth Weinreb**

The first few classes will give an overview of the language of conflict and contexts: personal (family, friends), political, neighbor, social media. This is an interactive, participatory class.

Gail Goodman and **Ruth Weinreb** received their Certificate in Mediation and Conflict Resolution from New York University and trained at CLUSTER, a New York State Unified Court System accredited mediation center. They received specialized training in Elder and Adult Family Mediation from Elder Decisions. Gail and Ruth mediated with parents and teens for Family Services of Westchester and in courts in New York and Westchester counties. Their firm, Talking Alternatives, specializes in adult family mediation and conflict coaching. There will be discussions, role-plays and lessons on preparing for difficult conversations. Participants are also encouraged to anonymously submit situations for analysis.

Fridays: 11:05 am -12:20 pm First 6 Weeks (Sept 24 – Oct 29)

The Art and Fun of Telling Stories: A Hands-on Approach

Limit: 10

Presenter: **Muriel Horowitz**

This will be a hands-on course on the art of oral storytelling. We will listen to some professional storytellers, engage in storytelling exercises, "play" with our stories and work on telling our own stories from the genre of our choice. We will practice the skills of supportive commenting and deep listening. Each participant will choose a story to work on: personal, family, historical or traditional tale. The group will decide whether or not to have a final "performance." Process and not product will be the goal.

Muriel Horowitz is a storyteller and retired literacy teacher. For many years, she has performed and led storytelling workshops for all ages from 2-102. She has also facilitated some arts in education residencies. Over 18 years ago, Muriel co-founded the Dutchess County Interfaith Story Circle, which still meets several times a year and holds a Peace Story Concert each winter. She is active in many community activities. Muriel especially enjoys helping others tell their stories and using stories to engage in social and environmental justice work.

Fridays: 1:45 - 3:00 pm First 4 Weeks (Sept 24 – Oct 15)

Ancient Mysteries of Latin America

Limit: 100

Presenter: **Nathan Rosenblum**

This course is an exciting exploration of the mystical history of Latin America. We shall explore how the Mayans, Aztecs, Incas, Amazon tribes and other groups have used initiation and sacred knowledge. Also, we will examine how different religions in the region have used these concepts and ideas in their own practices. In this process we shall study a wide range of materials, including artifacts and texts dating from ancient times to the present. Ultimately, we will show the depth of the spiritual insights of the peoples of the region and the importance of this knowledge to the modern world.

Dr. Nathan Rosenblum is a researcher and teacher on mysticism and spirituality. With degrees in literature, history, and metaphysical philosophy, he combines many disciplines and areas of study in his work. He is also an ordained interfaith minister and author, and lectures widely on esoteric subjects

Fridays: 1:45 - 3:00 pm First 4 Weeks (Sept 24 – Oct 15)

Psychology and Film

Limit: 30

Presenter: **Denise Morett**

Film provides a powerful art medium for exploring what it means to be human. This course examines films from a psychological perspective. Films have a tremendous impact in our society in countless ways, including entertaining, inspiring and teaching. We will watch several films that reflect multiple psychological concepts and depictions of specific themes, including examples of lifespan, trauma, psychological disorders, grief and resilience. We will review and discuss the films from the perspectives of the human condition and psychological functioning. Selections will come from a long list of film examples depicting key concepts in psychology.

Film selections and course information will be emailed prior to the first class meeting. Attendees will need to view the first film prior to the first day of class.

Dr. Denise Morett is a professor, clinical psychologist and the best selling author of *Lifeline*. Her 30-year career has focused on clinical practice, teaching and advocating for wellness and lifelong resiliency. In addition to a full time private practice, she has taught in college settings, as well as provided workshops and seminars throughout her career. Dr. Morett enjoys the exploration of the role of expressive arts, especially film, in our lives, as a source of healing, inspiration and learning about the human condition.

FRIDAY CLASSES CONTINUE

Fridays: 3:20 - 4:35 pm 8 Week Classes (Sept 24 – Nov 12)

***Caste: The Origins of Our Discontents* by Isabel Wilkerson**

Limit: 40

Presenters: **Sven Thiessen and members of the Race Unity Circle**

When Pulitzer Prize-winning journalist Isabel Wilkerson's latest book was published in October 2020, it was very well received indeed. The New York Times called it "almost certainly the keynote nonfiction book of the American century thus far." Oprah Winfrey said, "Of all the books I've chosen for book club over the decades, there isn't another that is more essential a read than this one." The Race Unity Circle's own book club was similarly impressed with the book's transformational view of how race in America relates to the concept of caste. Please join us in contemplative reading and facilitated discussion.

Reading: *Caste: The Origins of Our Discontents* by Isabel Wilkerson

This course will be presented by members of the **Race Unity Circle**, who have been meeting since 2014 to engage one another in experiential learning around race and racism. Poughkeepsie's Race Unity Circle grew out of an urgent call to action felt by a few members of the Baha'i Faith in response to the news coming out of Ferguson, Missouri. Though started by Baha'is, the Circle quickly became multi-cultural and multi-faith, and most members are not Baha'is. We believe that all people are members of one race: the Human Race. The elimination of racism from our communities is not just an aspiration; it is a spiritual imperative that requires sustained, persistent action.

Fridays: 3:20 - 4:35 pm Last 6 Weeks (Oct 8 – Nov 12)

Families: Social Science and Historical Perspectives

Limit: 35

Presenters: **Miriam Cohen, Mita Choudhury, Catherine Tan, Martha Kaplan, Rebecca Edwards**

In this six-week course, Vassar faculty from the anthropology, sociology, and history departments will offer their perspectives on "The Family".

Producer: **David Bloom** is a retired teacher and an active member of the Vassar LLI. He enjoys organizing classes for our members. This class is similar in inspiration and structure to the popular *Vassar Science Sampler* that is offered each spring.

Oct 8 - Martha Kaplan, Professor of Anthropology: **"A Cultural Approach to Family and Kinship."**

Oct 15 - Rebecca Edwards, Professor of History on the Eloise Ellery Chair: **"Frontier Families and American Empire."**

Oct 22 & 29 - Miriam Cohen, Professor of History on the Evalyn Clark Chair: **"Women, Work and Families in America From Pre-Industrial Times to the Present."**

Nov 5 - Mita Choudhury, Professor and Chair of History: **"Power and Affection in the Early Modern Family in Europe, 1500-1750."**

Nov 12 - Catherine Tan, Assistant Professor of Sociology: **"Reimagining Autism: How Families and Autistic Adults Navigate Uncertainty, Disability, and Identity."**

Fridays: 3:20 - 4:35 pm Last 4 Weeks (Oct 22 – Nov 12)

Poughkeepsie Gallery Tours

Limit: 35

Presenter: **Anita Fina Kewra**

This class will provide tours of four Poughkeepsie art galleries including Queen City 15, Barrett Art Center, and the Poughkeepsie Trolley Barn. In addition to touring these galleries virtually, participants will meet the owners and some of the exhibiting artists and learn more about what our local art scene is all about. Subsequent visits in person can be made during scheduled gallery hours or by appointment, but another goal of the course is to provide participants with a more educated eye with which to view the featured work.

Anita Fina Kewra is a teaching artist who earned her master's degree in art education from The College of Saint Rose. She currently works for Hudson River Housing, leading Upcycle, an arts-based workforce training social enterprise for people transitioning from homelessness. Anita is the Manager of Hudson River Housing's community printmaking studio on the second floor of the Poughkeepsie Underwear Factory. She is also a co-founder and co-owner of Queen City 15 Gallery in Poughkeepsie.

Lifelong Learning Institute at Vassar College

124 Raymond Ave., Box 160
Poughkeepsie, NY 12604

Office: **Blodgett Hall 237**

Phone: **845-437-7229**

E-mail: lli@vassar.edu

Website: lifelonglearning.vassar.edu