

**LIFELONG
LEARNING
INSTITUTE
VASSAR
COLLEGE**

**LLVC
Spring 2021**

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

Spring 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

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LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

Spring 2021 Schedule

SINGLE LEARNING EVENTS			
Registration for Single Events is on a first-come first-serve basis. You will be sent a registration link to sign up.			
Dates	Times	Event	Pg
Thurs, March 18	1-2 pm	Celebrating the African Spirit: Why Memorials Matter	5
Wed, March 24	2-3 pm	A Life in Service: Servants in the Gilded Age	6
Wed, March 31	11-12 pm	Traveling Historic Route 66	6
Thurs, April 15	11-12 pm	Remembering the 1918 Flu Pandemic	7
Mon, April 12	6-8 pm	Art Under Siege in WWII	7
Mon, April 19	2-3:45 pm	FDR and the Jewish Question: Did He Do Enough?	8
Wed, April 21	11-12 pm	Fusion Dance	8
Mon, April 26	11-12 pm	Leave No Trace: Outdoor Ethics	8
Mon, May 3	6-7 pm	Kate Millett	9
Thurs, May 6	11-12 pm	Medical Care as We Age: What Makes a Difference?	9

TUESDAY CLASSES

First Section Tuesdays , 9:30 – 10:45 am			
Dates	Weeks	Course	Pg
March 16 - May 4	8	Opera as Politics: Women	10
March 16 - May 4	8	The Nature of Pets	10
March 16 - April 20	First 6	It's the Law	11
March 16 - April 20	First 6	Artificial Intelligence: Yesterday, Today, Tomorrow	11
April 13 - May 4	Last 4	Secrets Wall Street Does Not Want You to Know	12

Second Section Tuesdays , 11:05 am – 12:20 pm			
Dates	Weeks	Course	Pg
March 16 - May 4	8	Favorite Chamber Music	12
March 16 - May 4	8	The Hillbilly: Who and Why?	12
March 16 - April 6	First 4	Essential Planning Considerations in Retirement	13
March 16 - April 6	First 4	Home for The Soul - Whimsical Clay Porcelains	13
April 13 - May 4	Last 4	Zoom Magic for the Family	14
April 13 - May 4	Last 4	Healthy Cooking	14

Lunch Break

Third Section Tuesdays , 1:45 – 3:00 pm			
Dates	Weeks	Course	Pg
March 16 - May 4	8	The Science and Art of Gardening	15
March 16 - May 4	8	World Events Through the Eyes of Photojournalism	15
March 16 - May 4	8	Timeless Goddess/Modern Times	16
March 16 - April 6	First 4	Violence Is as American as Cherry Pie	16
April 13 - May 4	Last 4	The Mindful Senior	17

Fourth Section Tuesdays , 3:20 – 4:35 pm			
Dates	Weeks	Course	Pg
March 16 - May 4	8	The Ideal Image, Influences and Counterpoints	17
March 16 - May 4	8	African American Literature	17
March 16 - May 4	8	Move with the Flow of Nature	18
March 16 - April 20	First 6	The Wine Regions of France	18

FRIDAY CLASSES

First Section Fridays , 9:30 – 10:45 am			
Dates	Weeks	Course	Pg
March 19 - May 7	8	Chair Yoga	19
March 19 - April 9	First 4	Hudson Valley Hospice: What It Is & How We Can Help	19
March 19 - April 9	First 4	Honeybees 101	19
April 16 - May 7	Last 4	Covid-19	20
April 16 - May 7	Last 4	The Hudson: A Living River from the Mountains to the Sea	20

Second Section Fridays , 11:05 am – 12:20 pm			
Dates	Weeks	Course	Pg
March 19 - May 7	8	More 20th Century Women Artists	21
March 19 - May 7	8	Border Stories: People, Policies, Practices	21
March 19 - April 9	First 4	Managing Conflict	21
April 16 - May 7	Last 4	Live Fully with Dementia: Inspired by Nature & Art	22
April 16 - May 7	Last 4	Printmaking without a Press	22

Lunch Break

Third Section Fridays , 1:45 – 3:00 pm			
Dates	Weeks	Course	Pg
March 19 - May 7	8	Aesthetic History of Photography	23
March 19 - April 23	First 6	Holding up a Mirror: Implicit Bias and You	23
March 19 - April 9	First 4	Ancient Mysteries of Africa	24
April 16 - May 7	Last 4	Our Bodies/Our Selves/Our World	24

Fourth Section Fridays , 3:20 – 4:35 pm			
Dates	Weeks	Course	Pg
March 19 - May 7	8	The World of Birds	25
March 19 - May 7	8	Guided Vision: Composition In Photography	25
March 19 - May 7	8	Free Your Writing Voice	26
March 19 - May 7	8	Vassar Science Sampler	26
March 19 - April 9	First 4	Poughkeepsie Gallery Tours	27
March 19 - April 9	First 4	America's Two Traditions: Racism & Race Amity	27
April 16 - May 7	Last 4	Courageous Conversations about Race and Racism	28

SINGLE LEARNING EVENTS CATALOG

Thursday, March 18, 1-2 pm

Celebrating the African Spirit: Why Memorials Matter

Limit: 75

Presenters: **Carmen McGill** and **Katherine Hite**

Discussion of the local community organization, Celebrating the African Spirit: Honoring Enslaved Africans of Poughkeepsie and their Descendants (CAS), in the context of the history of slavery and its legacies in Poughkeepsie and the Hudson Valley. The event will focus on why it is important that we commemorate the contributions of enslaved Africans and subsequent generations of African-Americans to the building and growth of our area, and we will have a broader discussion on why memorials matter and on current debates and movements involving monuments and memorials around the country.

Suggested Readings:

Isabel Wilkerson, "America's Enduring Racial Caste System," *New York Times Magazine*, July 5, 2020.

Caroline Williams, "You Want a Confederate Monument? My Body is a Confederate Monument," *New York Times*, June 26, 2020.

Gregory Downs, Eric Foner, and Kate Masur, "Why We Need a National Monument to Reconstruction," *New York Times*, December 14, 2016.

Carmen Marchaline McGill is a retired admissions counselor and personnel administrator. She is an advocate for the rights and justice of all people, particularly sensitive to the needs of people of color. During her 45 years in Poughkeepsie, she has been active in the Kwanzaa Committee, Poughkeepsie City Schools PTA, Bd. Of Education committees, the Black History Project Committee, the Dutchess County Historical Society board, NAACP, AAUW and others, and is a mentor, and an elder to many, many people. She is the co-chair of CAS.

Katherine Hite is Professor of Political Science on the Frederick Ferris Thompson Chair and the Director of Faculty Research here at Vassar. She is the author of several publications on history and memory, memorials and memorial museums. Her research has been supported by the Fulbright Foundation, the Ford Foundation, and the Social Science Research Council. Katie teaches classes on social movements, Latin American politics, and the politics of memory. Together with Carmen, she is the co-chair of CAS.

Wednesday, March 24, 2-3 pm

A Life in Service: Servants in the Gilded Age

Limit: 100

Presenter: **Donald Fraser**

At the turn of the 20th century, it took a small army to operate Staatsburgh, a 79-room estate on the Hudson River. Servants in the Gilded Age often worked seventeen-hour days, six and a half days a week. They didn't just clean the mansion and serve at table: they ironed their employers' shoelaces and newspapers, put toothpaste on their toothbrushes and buttoned their buttons as they dressed. We'll explore the advantages and sacrifices of being a servant, and why the world of master and servant faded away after World War I.

Suggested: Watch the PBS television series, *Downton Abbey*

Don Fraser is the educator at Staatsburgh State Historic Site (Mills Mansion). He creates educational programs for students from 2nd grade to college, as well as special programs for adults, such as "Tales of the Titanic," "Gilded Age Scandals," "World War I and the End of the Gilded Age," and "A Life in Service – Servants in the Gilded Age."

Wednesday, March 31, 11-12 pm

Traveling Historic Route 66

Limit: 100

Presenter: **John Wargo**

This event will be a virtual drive on historic Route 66. The presentation will include pictures and personal stories from this 2,400 mile trip from Chicago to Santa Monica, and will feature many historic and occasionally bizarre sights along the way. The presentation is intended for people who enjoy traveling and for anyone interested in pursuing (or reliving) a trip on Route 66.

John Wargo retired in June 2018, after thirty-eight years as an engineer and program manager at IBM. He continues to work as a volunteer at Lions Clubs International, having served for thirty years at the local, state and international level in various positions. He is a lifelong traveler and amateur photographer, and enjoys sharing these travel experiences whenever possible.

Thursday, April 15, 11-12 pm

Remembering the 1918 Flu Pandemic

Limit: 100

Presenter: **Sandra Opdycke**

Just over 100 years ago, in 1918, influenza swept the globe in one of the worst disease outbreaks in human history. This lecture will discuss how the 1918 pandemic began, how it spread, including the major role played by World War I, and how people responded. Finally, we will consider how the 1918 pandemic resembles and how it differs from our own recent experience with COVID-- medically, socially, politically, and economically. What have we learned since 1918? In what ways are we still vulnerable?

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

Monday, April 12, 6-8 pm

Art Under Siege in WWII

Limit: 100

Presenter: **Roberta Shayo**

Art plunder and destruction by the Nazis represented a savage, systematic attack on the cultural heritage of Europe. This is a devastating story of hate and brutality driven by Hitler's "purist" ideology and maniacal belief in the supremacy of the Third Reich. This presentation will provide an overview of the trajectory of events culminating in the Nazi regime's vast confiscation of art from museums and private collections. Highlights include the interventions of the Monuments, Fine Arts and Archives branch of the Allied Forces (aka the Monuments Men) to protect, retrieve and repatriate the art, as well as the contributions of the Art Looting Investigation Unit in documenting the plunder. Poignant themes of memory, sorrow and loss continue to resonate decades later as family members struggle to regain possession of stolen art in an unrelenting pursuit of justice over evil.

Suggested Readings:

Edsel, Robert M. *The Monuments Men*. New York: Center Street, 2009.

Nicholas, Lynn H. *The Rape of Europa*. New York: Vintage Books, 1995.

Roberta Shayo enjoys researching interesting topics to craft into continuing education presentations. She loves the opportunity to share with others in the spirit of lifelong learning. Her passions include Northern Renaissance art and 15-16th century printing. Roberta holds an M.P.A. from Seton Hall University and is an adjunct instructor at Westchester Community College. She continues to work full-time in NYC's financial industry.

SINGLE LEARNING EVENTS CONTINUES

Monday, April 19, 2-3:45 pm

FDR and the Jewish Question: Did He Do Enough?

Limit: 75

Presenters: **Linda Bouchey** and **Al Vinck**

Franklin Delano Roosevelt is deemed by many to be the greatest president of the 20th Century for his leadership during the Great Depression and WWII. With regard to the Holocaust, FDR's goal was to win the war as quickly as possible and to save as many people as was consistent with that priority. Most historians from the time of the president's death until the mid-1980s agreed that Roosevelt did all he could to help save Jews in a time of strong anti-Semitism here at home. Some contemporary historians, however, have found FDR's foreign policy leadership lacking when it comes to dealing with Hitler's genocide of six million Jews. Did Roosevelt achieve as much for humanity as he might have in dealing with the "Jewish Question"?

Linda Bouchey and **Al Vinck** have taught at Bard, Vassar, and Marist LLIs, the National Park Service, and other historical groups. They are National Park Service interpreters and wrote the Roosevelt Genealogy sold by the National Park Service. They are former Wilderstein Preservation and Roosevelt Vanderbilt board members and co-chaired the Roosevelt Educational Memorial for the Hyde Park CSD. Linda Bouchey is a retired Hyde Park CSD teacher, and an FDR Library Museum and Archives volunteer. Al Vinck is a retired chair of the Hyde Park SCD History Department and Val-Kill co-founder of Youth Against Racism.

Wednesday, April 21, 11-12 pm

Fusion Dance

Limit: 50

Presenter: **Anna Mayta**

This lecture will enable participants to understand, be inspired by, and learn about different cultures through dance. We will look at various cultures: Flamenco, (Spain), Bharatanatyam (India), West African, modern (USA), Chilean and Caribbean dances. You will gain an understanding of, and learn the differences, similarities, history and cultural aspects, among the presented dance styles. The aim is for each participant to leave with love, inspiration, understanding and an excitement to learn more about cultures and dances from around the world.

Anna Mayta is a dance improviser, choreographer, and teacher. She graduated from Empire State College in June 2001 with a BA in Dance Education. November 2008 she received a certificate to teach yoga from Svyasa Swami Vivekananda Yoga University in Bangalore, India. In 2006, she was awarded a dissemination award from the Dutchess County Arts Council, in Poughkeepsie NY. She taught dance performance and choreography for about 16 years. She developed two programs, Spanish language through movement and fusion dance.

Monday, April 26, 11-12 pm

Leave No Trace: Outdoor Ethics

Limit: 100

Presenter: **Alanna Facchin**

The popularity of hiking has skyrocketed during the global pandemic, but have you ever considered the effect of outdoor activities on the environment? Nine out of ten people are uninformed about their impact on the outdoors. You may have heard the Leave No Trace motto, "Take nothing but photographs, leave nothing but footprints." Seems fairly straightforward, right?

But it isn't so black and white. LNT principles are more nuanced than you might think, and often prompt great debates and discussions. With more people hiking, camping, and taking strolls through the parks, the trails could use some extra love. There are seven Leave No Trace principles everyone should be aware of before heading outside, so we can all enjoy our world responsibly. You will learn how to minimize your footprint and help leave Mother Nature better than you found her.

Alanna prefers to leave judgments and uptight rules behind. With the right instructor and the right attitude everyone can feel welcome to partake in adventures in the great outdoors. We can all do our part to keep Mother Nature the way we found her and, hopefully, even better.

Alanna Facchin is a naturalist, organic gardener and an educator. She holds an AS in Environmental Science, a B.S. Ed. in Childhood Education/Biology and an M.S.Ed. in Childhood Education and Math/Science/Technology. She is a former Kindergarten teacher and is currently enjoying the homeschool experience with her four-year old daughter, fully immersing her in nature-based education. Both she and her daughter are trail stewards with the NY/NJ Trail Conference, and Alanna has spent time surveying invasive species to preserve native habitat along the Appalachian Trail. She is certified as a Leave No Trace Trainer and also holds Wilderness First Aid certification.

Monday, May 3, 6-7 pm

Kate Millett

Limit: 100

Presenter: **Dr. JoAnne Myers**

Kate Millett used the proceeds from *Sexual Politics* to buy what would become the Millett Christmas Tree Farm and Women's Art Colony in LaGrange, NY. There she put into practice cultural feminism. Feminists, artists, writers—famous and not—came and broke ground and bread at the farm. This talk will cover some of the history, art, planting and harvesting, and celebrated discussions that ranged freely in and around the pond and the dining table.

Suggested Readings:

Sexual Politics (1970)

Shteir, Rachel (Sept 13, 2017) "A Last Interview with Kate Millett." *The New Yorker*.

Dr. Myers teaches political science (political theory) at Marist College where she was the cofounder of the Women's Studies program (now Women, Gender & Sexuality program). She is commissioner on the Ulster County Human Rights Commission and on the board of the Ulster County Resource Recovery Agency. She is a board member emeritus at the Eleanor Roosevelt Center at ValKill. She most recently authored *The Good Citizen: The Markers of Privilege in America* (2019 Routledge), among other books & writings. She started out as a mentee to Dr. Millett, but soon became a friend.

Thursday, May 6, 11-12 pm

Medical Care as We Age: What Makes a Difference?

Limit: 100

Presenter: **Richard Walker**

Two-thirds of all deaths in seniors are due to the consequences of vascular disease of the heart and brain. This talk will attempt to present evidence-based recommendations that are proven effective in reducing the risks of heart attack, heart and kidney failure, stroke, dementia, and diabetes. It will include a discussion of the differences between homeopathic and allopathic medicine and the role of the "medical-pharmaceutical complex" in driving medical care.

Suggested Reading: *How Doctors Think* by Dr. Jerome Groopman

Richard Walker was born in Brooklyn, 10/25/43. AB, Columbia College, NY, 1964; MD, SUNY- Downstate Medical Center, 1968. Postgraduate training in internal medicine and pulmonary diseases, SUNY- Kings County Medical Center, UCSF, UCLA, 1968-1973; certified by American Board of Internal Medicine (1972) and subspecialty board of Pulmonary Diseases (1974); Fellow, American College of Chest Physicians. Private practice, Middletown, NY (1974-2012); former chief of medicine, director of respiratory therapy and medical ICU at Orange Regional Medical Center; LCDR (MC) USNR (1969-1975; LTC (MC) NYARNG (1983-1995). Telemedicine consultant for a private medical practice in Monroe, NY and the MAVEN Project, San Francisco (currently).

TUESDAY CLASSES

Tuesdays: 9:30-10:45am 8 Week Classes (March 16 - May 4)

Opera as Politics: Women

Limit: 100

Presenter: **Chuck Mishaan**

This semester's lectures will focus on the role of women in opera. We will, of course, explore the stage drama of women as victors and villains, redeemers and unredeemable, sexual and not. But we will also look at the roles women played beyond the stage, as artists, facilitators, educators and a force in politics. There is no opera without women (Huh? What about the castrati?) because the opera ain't over 'til the fat lady sings.

Chuck Mishaan lectures and writes on the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on Opera as Politics for several years at Vassar LLI and at other area LLIs. For many years, he was an adjunct professor at New York University, lecturing on technology and healthcare and has been a guest lecturer at the Bardavon Opera House in Poughkeepsie, the Rhinebeck Chamber Music Society and Rhinebeck's Starr Library.

The Nature of Pets

Limit: 15

Presenter: **Rob Cohen**

Pets occupy an important place in our lives. In this discussion-driven course we will explore physical and emotional issues related to caring for pets. Topics will include the ancestry of common pet breeds; how inherited traits influence health and behavior; common challenges such as behavior, pests, risks and health care; and end of life concerns.

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.

TUESDAY CLASSES CONTINUES

Tuesdays: 9:30-10:45am First 6 Weeks (March 16 – April 20)

It's the Law

Limit: 30

Presenter: **Mickey Steiman**

The course will examine four major topics within the American legal system. "Order in the Court:" the structure of the judicial system;" Here Comes the Judge:" the importance of precedent; roles of judges, lawyers and juries; and what happens at trials; "It's a Crime:" traditional societal goals in criminal justice; constitutional considerations in criminal justice; classifications of criminal conduct; culpable mental states ("mens rea"); and plea bargaining. And finally, "Let's be Civil:" history of the evolution of the civil law system; the "common law" then and now; and civil law vs. criminal law.

The last fifteen minutes of each session will be reserved for participants to raise issues, ask questions, or discuss any topic related to that day's topic or generally to "the law."

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.

Artificial Intelligence: Yesterday, Today, Tomorrow

Limit: 20

Presenter: **Jean-Claude Fouéré**

This course provides an overview of artificial intelligence, yesterday, today and tomorrow, including how it has developed over the last 150 years (its history); how it is being used today (examples and common applications); how it is becoming pervasive in all facets of our life (social and economic applications); and how it is likely to evolve in the future.

References, articles, books and YouTube, will be provided ahead of time to the students to promote active participation in class discussions.

Jean-Claude Fouéré is an engineer by training (dual M.S. in Physics Engineering (I.N.S.A., Lyons, France) and Optical Systems Design (U. of Rochester). He worked for twenty years on designing optical systems (astronomical instrumentation, laser printers, optical recording, optical lithography) as engineer/engineering manager, and twenty years on the development/marketing of industrial systems used in the manufacturing of semiconductor devices, developing and managing markets in North America, Western Europe and Asia. He has taught International Marketing at Marist College and developed curricula on photovoltaic systems and LED lighting. He is an outdoors enthusiast and member of the Adirondack Mountain Club executive committee.

TUESDAY CLASSES CONTINUES

Tuesdays: 9:30-10:45am Last 4 Week Classes (April 13 – May 4)

Secrets That Wall Street Does Not Want You to Know

Limit: 100

Presenter: **Richard Nathan**

This course will cover investing, with or without a financial planner, and buying insurance, and other big-ticket items such as cars--subjects that were never taught in high school or college. One goal of the course is to enable students to have the confidence to invest on their own or to be able to interview financial planners in order to identify those who are truly working for their clients. The class will also introduce students to websites that suggest how to save investors' money.

Rick Nathan is strictly a consumer advocate. He has been teaching for over thirty-four years to adults in various lifelong learning programs, high schools continuing education programs, and community colleges and colleges. Since he is not licensed to get commissions, his sole purpose is to protect the adult from being taken advantage of financially.

Tuesdays: 11:05 am -12:20 pm 8 Week Classes (March 16 - May 4)

Favorite Chamber Music

Limit: 100

Presenter: **Paul Stoddard**

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

Paul Stoddard is a retired computer systems architect living in Poughkeepsie. He has a BA degree from the University of Rochester and the Eastman School of Music. He worked at AT&T for thirty-eight years. He has taught Favorite Chamber Music at both the Vassar LLI and the Marist CLS. He is a member of the Cappella Festiva choir, and serves on the board of the Howland Chamber Music Circle and the Hudson Valley Philharmonic String Competition Committee.

The Hillbilly: Who and Why?

Limit: 25

Presenter: **Lynda Ann Ewen, PhD**

This course covers the origins of the Hillbilly stereotype and its function in American culture from the perspective of regional studies.

The stereotype of tobacco-chewing, bibbed moonshiners will be examined in the long history of such misrepresentation--from *The Beverly Hillbillies*, *Deliverance*, "Redneck TV Culture" to *Hillbilly Elegy*--in the context of the region's history of economic oppression and political activism. A more useful orientation of Appalachians as an ethnic group will be offered as a counterpoint. In conclusion, the cultural dislocations brought about by deindustrialization, mountaintop removal and the oxycodone epidemic will be discussed.

Participants will be asked to research existing stereotypes in the news, entertainment, and social media. Selected readings will be assigned, as well as movies. Additional resources will be identified for those who wish to do additional work. Required material will be sent electronically to participants.

Suggested background reading:

Memphis Tennessee Garrison (Ohio U Press); *Bloodletting in Appalachia* (McClain); *Appalachia On Our Mind* (U of North Carolina Press); *Confronting Appalachian Stereotypes* (U of Kentucky Press); *West Virginia: A History* (U of West Virginia Press); *Storming Heaven: A Novel* (Random House); *Yesterday's People* (U of Kentucky Press); *Everything In Its Path* (Simon and Schuster); *Hillbilly Elegy* (Harper); *Which Side Are You On?* (Vanguard); *The Feud: Hatfields and McCoys* (Little Brown)

Suggested movies: *Matewan*; *Harlan County: USA*; *Deliverance*

Lynda Ann Ewen, PhD is a retired Professor Emerita at Marshall University (Huntington, WV). Her areas of research: Appalachian Studies, Women's Studies, Race and Ethnic Relations. She is a former co-director of the Center for the Study of Ethnicity and Gender in Appalachia, director of the Oral History of Appalachia Project, and editor of Ohio University Press series on Ethnicity and Gender in Appalachia. Author of *Which Side Are You On? The Brookside Strike* and editor of *Memphis Tennessee Garrison: The Story of a Remarkable Black Appalachian Woman*. Fulbright lecturer at the University of DarEsSalaam, Tanzania. She earned a PhD from University of Wisconsin in areas of community organization and societal development.

Tuesdays: 11:05 am -12:20 pm First 4 Weeks (March 16 – April 6)

Essential Planning Considerations in Retirement

Limit: 100

Presenter: **Kelsey Ponesse**

This course focuses on four key financial planning areas that are essential for those looking ahead to retirement or wanting to maximize current retirement finances: retirement income sources, how they differ and what that means for your financial future; Social Security and how to use it to protect yourself and your family.; long term care and future long-term care; retirement tax strategy and the hidden taxes in retirement, as well as penalties to avoid and tax-focused strategies to consider for your investments.

Kelsey Ponesse is a Wealth Planning Advisor and CPA at Marshall & Sterling Wealth Advisors, where she focuses on advanced planning strategies for individuals and families. Her expertise is in retirement planning, including social security, retirement cash flow, investments, long-term care impacts, tax planning, and risk mitigation. She is also an adjunct instructor at the Culinary Institute of America and a board member for the Poughkeepsie Farm Project, a Vassar College community partner.

Home for The Soul - Whimsical Clay Porcelains

Limit: 12

Presenter: **Ann Teed**

In this creative clay workshop, students will make functional and beautiful porcelain serving items for their table to delight their guests. We will use building methods such as pinch, slab, and coil to make a lidded sugar bowl, spoons, honey dipper, salt dishes and a votive candle holder. After work is completed, students will be instructed to drop-off their clay work where it will be fired at

the Fallkill Creative Arts Center in Poughkeepsie. These pieces are intended to add charm to any table. No experience necessary.

Materials: Students will be mailed a supply kit containing porcelain clay and tools. Presenter will provide materials for the class up to \$15. Should the cost of materials exceed \$15, students will be asked to cover those additional costs by reimbursing the presenter.

Ann Miceli Teed is a visual and performing artist who is a doctoral student at Columbia University. She is currently a professor at Adelphi University and has been involved in special projects with the American Museum of Natural History, Brooklyn Conservatory of Music, Bethel Woods Center for the Arts, Hudson Valley Philharmonic, John Lennon Song Bus, and Lincoln Center Institute among others. Currently, she is the sole proprietor of Dancing Willow Studio, located in Lagrangeville, NY, where she facilitates holistic and expressive arts workshops for participants of all ages.

Tuesdays: 11:05 am -12:20 pm Last 4 Weeks (April 13 – May 4)

Zoom Magic for the Family

Limit: 15

Presenter: Andy Weintraub

Have you ever seen children's eyes light up with wonder at the completion of a magic trick? Say you're sitting at the table after dinner. The child tears a paper napkin to shreds, then rolls the pieces into a little ball, squeezes it very tightly and proceeds to open it up, only to find the paper napkin restored?

You'll learn the technique to accomplish the above and lots more, including simple sleight of hand, preparation and handling of gimmicks and how to perform the effect, including what to say, how to lie and how to misdirect attention.

Andy Weintraub is the founder of The Center for Performing Arts at Rhinebeck and The Rhinebeck Theatre Society and the creator of Grumpus Magic at Rhinebeck's annual Sinterklaas celebration.

Healthy Cooking

Limit: 15

Presenter: Rosemary Caspary

This online and in-home course will explore healthy plant-based cooking. We'll begin with a general overview of unrefined, whole, plant-based ingredients and have a conversation about your experience cooking and eating healthy foods. We'll preview the selected recipes and references for the following week. You may then buy the ingredients, prepare those recipes at home, and submit your questions or comments about how the recipes tasted, problems encountered, ingredient substitutions tried, and so on. We'll gather the next week and go over your cooking experience and answer the previously submitted questions, and preview the next proposed recipes.

We'll follow this plan of introducing and trying recipes on your own, and then gathering to share experiences and providing responses to your questions. Together learning to make delicious healthy recipes will be a fun and rewarding experience.

Rosemary (Rose) Caspary is a former registered dietitian, with a master's degree in nutrition, from New York Medical College, and held various jobs in this field. She has been living, learning, and teaching healthy whole foods cooking for over thirty years. She loves to teach and inspire people to eat well and feel great, and enjoys creating home-cooked meals as well as sharing these skills with others.

Tuesdays: 1:45 - 3:00 pm 8 Week Classes (March 16 - May 4)

The Science and Art of Gardening

Limit: 100

Presenter: Joyce deVries Tomaselli

The science of gardening runs from biology and botany to geology and physiology. Horticulture is the art or practice of garden cultivation and management. The goal of this course is to learn enough about the science of gardening to become a more successful and confident gardener and to have fun doing it.

Topics covered include: composting and the benefits of organic matter in soil; becoming a garden detective; managing pests and diseases; building a bee-friendly backyard; lawns; invasive species and ornamental alternatives; deer defense (co-existing with the williest of wildlife); and growing orchids at home (without killing too many).

Joyce Tomaselli has been Community Horticulture Resource Educator for Cornell Cooperative Extension since 2013. She and nearly one-hundred Master Gardener volunteers host a large plant sale each spring. They design, plant and maintain display gardens at the the CCE's Farm & Home Center in Millbrook, as well as, providing classes in gardening at libraries, garden clubs and community events year-round, including the Dutchess County Fair. Joyce supports Dutchess County home gardeners by answering questions, identifying plants, and providing advice about pests and diseases. She is active with regional CCE programs, especially invasive species education and Master Gardener volunteer training.

World Events Through the Eyes of Photojournalism

Limit: 100

Presenter: Gary Miller

From prehistoric cave drawings, through the heyday of picture magazines, to the latest refinements of the internet, paintings, drawings, daguerreotypes, glass plates, film, motion picture, and digital imaging have profoundly changed the public's perception of key events and social movements. Photojournalism has had a powerful and meaningful influence on world events. This course examines how photojournalism relates to global perception from the first war photography in Crimea, through the social upheavals of the 19th century, to a kaleidoscope of modern events affecting the lives of humanity.

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

TUESDAY CLASSES CONTINUES

Timeless Goddess/Modern Times

Limit: 25

Presenter: **Vincenza Dante**

Explore the Divine Feminine as we trace the Timeless Goddess across world cultures, from multiple perspectives, exploring Her role in human history, art, science, and literature, dating from Paleolithic times to the present day. The course will encourage personal growth and reflection through discussion and writing prompts. From Egypt's Isis to India's Kali Ma, from the Sumerian Goddess of Beer to the Nordic Goddess Freya, from the Black Madonna to the Jewish Shekinah, and many more, students will discover how the gifts of the Divine Feminine might inspire us to move towards a more balanced and empowered world.

All genders welcome. This course does not require a particular belief system or religious affiliation and aims to deepen our understanding of the Goddess archetype with a view to how various cosmologies influence gender roles and access to resources (both inner and outer) within a cultural framework.

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, clinical social worker, and an ordained minister for a non-denominational church, her spiritual journey has included studies in Eastern traditions in Nepal, Tibet & 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 practiced Kundalini Yoga for twenty-five years. This course reflects her belief that an understanding of the Divine Feminine is essential for human survival and evolution.

Tuesdays: 1:45 - 3:00 pm First 4 Weeks (March 16 – April 6)

Violence Is as American as Cherry Pie

Limit: 30

Presenter: **Ernest Giglio**

This course examines the history of American violence, from the Revolution to the present day. We will consider the honest, but brutal statistics, the development of a gun culture in the United States. In addition, we will take a look at crime and re-examine punishment as a tool. Finally, we will ask the following question: Is there a resolution? Please be prepared for spirited, though always civil, discussions on this controversial subject.

Suggested Readings:

Richard Hofstadter & Michael Wallace, *American Violence*

Fyodor Dostoevsky, *Crime and Punishment*

Ernest Giglio has been a college teacher for more than thirty years and has done some administrative work. He has taught at the university level (Villanova, Akron) and undergraduate level (Dickerson, Lycoming), and has taught overseas in England, Finland, Egypt, and Switzerland. He has written two books and multiple book chapters, and has published articles in both domestic and international publications. He has been on the lecture circuit for the Pennsylvania Humanities Council and the Bicentennial Commission.

TUESDAY CLASSES CONTINUES

Tuesdays: 1:45 - 3:00 pm Last 4 Weeks (April 13 – May 4)

The Mindful Senior

Limit: 40

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 into brain function is showing that practice in mindfulness re-energizes brain cells, enhancing cognitive capacities while reducing stress. This course will examine select areas of this research, in particular the relationship between mindfulness and health; education; and sustainability as a planetary goal and individual responsibility. The course will demonstrate through experiential practices how mindfulness can maximize health, deepen relationships, and provide insight into paths of spiritual development.

Lyla Yastion received a doctorate in anthropology from SUNY Albany and taught anthropology and religious studies at the college level for eighteen years, most recently at SUNY New Paltz. For the past two years she taught at various LLI locations offering two courses: Living Sustainably: Nature's Way and The Mindful Senior. She is the author of two books, *Pause Now: Handbook for a Spiritual Revolution* and *Homesick: finding our way back to a healthy planet*. Lyla is certified in mindfulness-based-stress-reduction (MBSR), having studied under Jon Kabat-Zinn.

Tuesdays: 3:20 - 4:35 pm 8 Week Classes (March 16 - May 4)

The Ideal Image, Influences and Counterpoints

Limit: 25

Presenter: **John McGiff**

Each culture creates its pictorial ideals for the values they cherish. In paintings, sculptures, 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 which 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.

African American Literature

Limit: 70

Presenter: **Jacqueline Goffe-McNish**

This course examines various issues raised in Maya Angelou's, *All God's Children Need Traveling Shoes*. Among the issues covered are: Angelou's presentation of the culture of Africa; a new perspective on the 'March on Washington'; the use of proverbs in the novel; a review of the reverse middle passage experience and the middle passage experience; and the presentation of Creolization in the novel. Angelou declares at the end of the novel that, "Despite the murders, rapes, and suicides, we had survived." The course also looks at the ways in which the cultures of the African Diaspora have "survived".

Jacqueline Goffe-McNish is a professor of English at Dutchess Community College. She teaches composition, literature, African American literature and Caribbean literature. She is the Chief Diversity Officer for the college and supervises the teaching of English in DCC concurrent education program in high schools. She was awarded the SUNY Chancellor Award for Excellence in Teaching and the DCC Orrcut Endowed Chair for Humanities. She also received the Athena award from the DC Chamber of Commerce. She is the superintendent of Sunday school at Bethel Missionary Baptist church and teaches its adult Sunday school class. She served as chairperson of AAUW.

Move with the Flow of Nature

Limit: 100

Presenter: **Kele Baker**

Like maintaining a healthy garden, cultivating a healthy body, mind and spirit requires care and attention. The wise gardener learns integration, regulation and balance to nurture the garden's overall equilibrium. In this experiential course, we will delve into body-mind wellness through the lens of Daoism, the ancient philosophy rooted in observations of the flow of nature. We'll explore Yin & Yang, Qi energy, the cycle of the Five Elements, and the use of these tools to balance our own inner garden of personal health and wellness. Classes include gentle movements ("qigong"), standing or seated, which will be adaptable to individual needs.

Kele Baker is an NQA level 2 qigong teacher, Holden Qigong senior instructor, Tai Chi Easy Senior Trainer, and Alexander Technique teacher. She is on the board of directors of the Healer Within Foundation. Locally, she teaches qigong courses for Vassar College LLI, Marist College CLS, and the Omega Institute (2021), and leads outdoor classes at the Walkway Over the Hudson and Innisfree Garden. Online, her student base stretches across eight time zones.

Tuesdays: 3:20 - 4:35 pm First 6 Weeks (March 16 – April 20)

The Wine Regions of France

Limit: 20

Presenter: **Arnold Serotsky**

In this class, the six major wine regions of France will be covered: Champagne, the Loire Valley, Burgundy, the Rhone Valley, Alsace, and Bordeaux. Topics will include each region's wine history, terroir, prominent grapes, laws of wine production, food pairings, and of course, its wines. Participants may taste a typical wine of each region to discuss during the classes all comments and questions about the world of wine will be welcomed.

Participants have the option of purchasing and tasting wine(s) of the region to be covered in a class. Recommendations at various price points will be made based on the inventories of a few local wine merchants. ***This is optional.***

Arnie Serotsky is the vice president and advisory committee chair of It was a Good Year (IWAGY.org), a Mid-Hudson wine education and tasting organization that just celebrated its 40th year. Arnie has been collecting, studying, and enjoying wines from around the world for forty-five years, and has visited all of the wine regions of France that will be covered in this class.

FRIDAY CLASSES

Fridays: 9:30-10:45am 8 Week Classes (March 19 - May 7)

Chair Yoga

Limit: 100

Presenter: **Mary Platt**

Chair Yoga is an adapted form of yoga that makes yoga accessible to everyone. In this class, our practice will include seated poses and soft flowing movements on the chair and standing postures using the chair for balance and support. We will also do gentle breath work which, when combined with our attention, not only brings more oxygen into the body but also quiets the mind, easing stress and tension. Benefits of this gentle, joyful practice include increased strength and flexibility, stronger bones, greater fluidity in the joints, more vitality, and happier heart. All levels welcome.

Mary Rachel Platt has been practicing meditation and yoga since 1971. She is a nationally certified yoga instructor (E-RYT-500), certified yoga therapist (PYT 500) in Integrative Yoga Therapy, and a nationally certified Qigong instructor. A professional storyteller since 1989, Mary often uses stories and poems to enhance her teaching. She has co-taught at Kripalu Institute with her husband, John, and is the co-author of *The Five Element Orchard: QiGong Techniques for Harvesting Energy from Trees*.

Fridays: 9:30-10:45am First 4 Weeks (March 19 - April 9)

Hudson Valley Hospice: What It Is & How We Can Help

Limit: 100

Presenters: **Hudson Valley Hospice staff**

Hudson Valley Hospice will present four sessions providing information to dispel the myths associated with hospice care and help participants better understand how hospice can help them and their family during the end of life's journey. Topics to be presented include: a general overview of hospice and palliative care; preparing for aging; music, volunteers, doulas and complementary therapies; and community services and the Hudson Valley Hospice Foundation in action.

Hudson Valley Hospice staff bios will be provided prior to each presentation

Honeybees 101

Limit: 15

Presenter: **James O'Brien**

This is an introductory course that will cover the activities of the beekeeper at the hive, the anatomy of a honeybee, the healing benefits of honeybee products, and the future of honeybees.

James O'Brien has been a beekeeper since 2015. He started by assisting the beekeeper at Liberty View Farm in Highland. His own hives did not survive the winters of 2016, 2017, 2018, which is not an unusual experience for a beekeeper. Since 2019, he has assisted with the beekeeping of seven hives at, 'Hops Hollow' farm, in Beekman.

FRIDAY CLASSES CONTINUES

Fridays: 9:30-10:45am

Last 4 Weeks

(April 16 - May 7)

Covid-19

Limit: 25

Presenter: **Christopher Parks**

This course considers the surprise appearance of COVID in December 2019 through April 2021 as seen through the *New York Times*, *Nature* and *Science* magazines, medical journals, *Our World in Data*, and the Johns Hopkins Resource Center. The pandemic will continue to evolve dramatically by the time the course begins, with a new U.S. administration, the challenges of getting through a full winter, and the early rollout of vaccines. Lectures will keep up with breaking events, and give guidance on best community practices based on what is known by April 2021.

Suggested Readings from website:

<https://www.nature.com/nature/articles?type=nature-briefing>

Dr. Christopher C. Parks has a Sc.B. from Brown University and a Ph.D. from Berkeley, both in Physical Chemistry. He worked on computer chips at IBM using Secondary Ion Mass Spectrometry to count and visualize in space enormous numbers of atoms. His classes integrate knowledge through math and sciences with human flourishing or eudaimonia.

The Hudson: A Living River from the Mountains to the Sea

Limit: 35

Presenters: **Chris Bowser, Sarah Mount, Amanda Higgs, Libby Zemaitis, and Clifton Staples**

First week: **An Arm of the Sea**

Introductions, overview of course, Hudson river geography, the influences of the ocean, contributions from the watershed, monitoring the rivers' vital signs.

Presenter: **Chris Bowser**

Second week: **A Tale of Two Fishes**

Fish and fishing on the Hudson. Focus on the history and conservation of two iconic species, the mighty sturgeon and the misunderstood eel.

Presenters: **Sarah Mount and Amanda Higgs**

Third week: **When the River Rises**

Evidence of climate change in the Hudson: predictions for the future, adaptation and mitigation, a hopeful look forward.

Presenters : **Libby Zemaitis and Clifton Staples**

Fourth week: **The Hudson River through the Arts**

The Hudson River School, then and now, Pete Seeger, Clearwater, and the power of song.

Presenter: **Chris Bowser**

Chris Bowser is the Education Coordinator, Hudson River Estuary Program and Hudson River National Estuarine Research Reserve; NYS Water Resource Institute at Cornell University.

Sarah Mount, Amanda Higgs, Libby Zemaitis, and Clifton Staples are from the NYDEC Hudson River Estuary Program, the Hudson River National Estuarine Research Reserve, and Cornell University.

FRIDAY CLASSES CONTINUES

Fridays: 11:05 am -12:20 pm 8 Week Classes (March 19 - May 7)

More 20th Century Women Artists

Limit: 50

Presenter: **Marilyn Price**

This is a slide, lecture, and class discussion course on the art of some notable women artists of the 20th and early 21st centuries. This course will cover artists who were not covered in previous LLI semesters.

Marilyn Price is a painter and potter, and exhibits regionally. She chaired the Art Department at Columbia Preparatory School in New York City for twenty-nine years. While there, she taught painting, sculpture, pottery, and A.P. art history. She also gave a series of evening art history presentations to parents. She has shown her artwork and pottery at various venues in NYC, Westchester and Connecticut. She has taught art history and drawing from observation for the past ten years at the Continuing Lifelong Studies program through Marist College.

Border Stories: People, Policies, Practices (2016-20)

Limit: 100

Presenter: **Valerie Carlisle**

Bringing in speakers, videos and sharing personal experiences, the instructor will explore aspects of immigration policies that played out at the US/Mexican border during the years 2016-2020. What does it mean to seek asylum? What are the implications of family separation, child detention, Flores Agreement, metering, Migrant Protection Protocols, and fast-tracked deportations? Attendees will get an overview of the policies as well as a glimpse into the lives of those impacted by them. Meet some of the people who became involved with their struggles at the border, at child detention centers and at the refugee camp in Matamoros, Mexico.

As immigration policies changed, individuals, national organizations and grassroots groups stepped up in protest to aid those who were trying to enter the US by seeking asylum. These groups challenged policies in court and on the ground and provided much needed aid to the immigrants traveling across the country or stranded in Mexico. We will hear about their concerns, their efforts and their hopes through videos and interviews.

Valerie Carlisle, a retired Poughkeepsie school teacher, has since age sixteen traveled and performed service work in Central America, from administering vaccinations as a teenager to building homes and septic systems in Nicaragua and the Dominican Republic. As a retiree, she most recently traveled south, crossing the Mexican border many times, witnessing a child detention center in Florida and visiting the migrant camp in Matamoros, Mexico.

Fridays: 11:05 am -12:20 pm First 4 Weeks (March 19 - April 9)

Managing Conflict

Limit: 20

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

This course is about how to have difficult conversations, whether personal or political. In this time of political polarization, we have to learn how to talk to one another. The pandemic has added to stressful relationships among families, friends and co-workers. The class will involve role-playing and participation by class members.

Suggested Readings: *The Argument Culture* by Deborah Tannen

Gail Goodman has a family mediation practice specializing in Elder and Adult Family Mediation and Parent/Teen Mediation. Gail and her partner, **Ruth Weinreb**, have mediated in Manhattan and Westchester courts and speak to groups about conflict resolution and how language affects conflict.

Fridays: 11:05 am -12:20 pm Last 4 Weeks (April 16 – May 7)

Live Fully with Dementia: Inspired by Nature & Art

Limit: 10

Presenter: **Michelle Olson**

This course will teach students how simple mindful practices based in nature and expressive arts can be easily applied to our everyday lives, creating more gratitude in each moment. Living with dementia can provide wonderful opportunities for heightened creativity, imagination, exploration and joy. Guided by a gerontologist, we will enjoy this meaningful time together and appreciate the many gifts the natural world has for us. No artistic talent is needed, only the openness to connect with one another and nature and the willingness to have some fun.

Suggested Readings:

Slow down: 50 Mindful Moments in Nature by Rachel Williams

Foraged Art by Peter Cole and Leslie Jonath

Morning Altars by Day Schildkret

Dr. Olson is a social gerontologist, creative arts therapist and certified activity consultant, with a specialization in memory care. She is an aging life care manager and dementia consultant with Clear Guidance, LLC and an adjunct professor at the Center for Gerontology at Concordia University Chicago. She has worked in eldercare communities for over twenty years and as a consultant for non-profit organizations such as the Alzheimer's Association and Meals on Wheels. Recently, she founded a 501(c)(3) charitable organization, Evergreen Minds, Inc. offering people living with dementia opportunities for meaningful and mindful immersions in nature, expressive arts and intergenerational connections.

Printmaking without a Press

Limit: 40

Presenter: **Anita Fina Kiewra**

Explore four printmaking techniques that can be done without a press. The course will cover relief printing (putting ink on a printmaking plate and transferring the ink to a sheet of paper with a sturdy spoon); screen printing, which will use a paper plate screen, crayon block-out, and a cardboard squeegee to print; monoprint techniques, using a plexiglass plate and colorful inks to create a unique print; and finally, found object stamping, a technique that entails inking objects such as corks, forks, and toys to make interesting marks on paper.

Materials:

Presenter will provide materials for the class up to \$15. Should the cost of materials exceed \$15, students will be asked to cover those additional costs by reimbursing the presenter. Curbside pickup, dates and times TBA, at the Poughkeepsie Underwear Factory Studios.

Anita Fina Kiewra is a teaching artist who earned her Masters 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 for Hudson River Housing's community printmaking studio on the 2nd floor of the Poughkeepsie Underwear Factory. She is also a co-founder and co-owner of Queen City 15 Gallery in Poughkeepsie.

Fridays: 1:45 - 3:00 pm 8 Week Classes (March 19 - May 7)

Aesthetic History of Photography

Limit: 20

Presenter: **Robert Stevens**

This course will explore the major aesthetic movements and styles of the artistic uses of photography. Starting with the world of painting at the invention of photography and its first struggles to define its art, the course will then move on to explore The Pictorialism Movement of the 1880s and early 1900s; the invention of Photo Aesthetic with Paul Strand and others in the early 1900s; The United States Purism of the 1920s-1940s; the documentary aesthetic of the world depression years; abstraction and expressionism of the 1950s; and finally the New Documents and New Social Landscape photography of the 1960s.

Robert Stevens completed graduate study at the Visual Studies Workshop Photography Center of SUNY Buffalo in Rochester, NY. Archivist at the Time-Life Picture Collection for two years followed by almost thirty years as international photo editor for *Time Magazine*. Retired member of the W. Eugene Smith Memorial Fund Photography Grant. Former art reviewer for French magazine *Paris Photo*. Former adjunct teacher in photo history and critique at the School of Visual Arts for twelve years. Editor of a book *Yvon's Paris*, about 1920s Paris photographer. Author of two photobooks: *Unintentional* and *Evidence*.

Fridays: 1:45 - 3:00 pm First 6 Weeks (March 19 – April 23)

Holding up a Mirror: Implicit Bias and You

Limit: 24

Presenters: **Anne Gardon** and **Tanya Livingston**

This experiential course invites participants into an inquiry about what implicit bias is and how it operates in our lives. The course covers key concepts from contemporary brain science, triggers of racial bias and various strategies for disrupting racial bias. Working together, the course leaders and participants will create a brave space that fosters authentic conversations about how implicit bias shows up in our lives. Participants will be expected to do some preparation and reading to enrich classroom exercises and dialogue in small and large groups. A willingness to engage is essential in this team-taught course.

Suggested Readings:

Blind Spot: Hidden Biases of Good People by Mahzarin Banaji and Anthony Greenwald

Everyday Bias: Identifying and Navigating Unconscious Judgments in Our Daily Lives by Howard J. Ross

Anne Gardon and **Tanya Livingston** met through the Race Unity Circle (Poughkeepsie), which is dedicated to eliminating racism and fostering race amity. Anne and Tanya offer this course as an expression of their shared commitment to race equity and to promoting dialogue about differences based upon deep listening, openness and honesty. Tanya brings her experience as a facilitator and founding member of Courageous Conversations (Bridgeport, CT) and her background in producing activities and events that connect people from diverse walks of life. Anne's relevant experience includes her work as a facilitator, consultant and leadership coach to non-profit organizations.

FRIDAY CLASSES CONTINUES

Fridays: 1:45 - 3:00 pm First 4 Weeks (March 19 – April 9)

Ancient Mysteries of Africa

Limit: 100

Presenter: **Nathan Rosenblum**

This course is an exploration into the mystical history of Africa. We shall explore cultures from Egypt to South Africa, including their monuments and spiritual traditions. A particular focus of the course will be on the ancient wisdom passed down through initiation and the rituals and symbols used in this process. We will then consider the ways in which such knowledge is of great importance to the world and to humanity.

Dr. Nathan Rosenblum is a teacher and student of mysticism and the esoteric. With degrees in literature, history, and metaphysical philosophy he has taught courses on a wide range of subjects dealing with spirituality and its connection to many areas of study. He has also had worked in the arts, and is both an author and an ordained interfaith minister.

Fridays: 1:45 - 3:00 pm Last 4 Weeks (April 16 – May 7)

Our Bodies/Our Selves/Our World

Limit: 24

Presenter: **Drew Minter**

This course combines lessons in the Feldenkrais Awareness through Movement method with exercises in Deep Listening, developed originally by composer Pauline Oliveros and expanded by Drew to fit with the Feldenkrais work. This is a course in mindful awareness through somatic listening, designed to enhance our learning ability and our relationship to our world through a deep sensitivity to our bodies in movement. The Feldenkrais method has, as its very foundation, a deep belief in non-resistance. Unlike many Western body-based systems, the Feldenkrais movements are designed and taught to never push through or even toward pain.

Students will need to wear comfortable clothing and have a comfortable space in which they can lie on the floor and move freely. This particular sequence of lessons will require lying on the floor. If you have enormous difficulty lying comfortably on the floor, you may find the lessons challenging.

Articles for the enhancement of understanding will be sent to the participants.

Drew Minter has taught in Vassar's Music Department since 1999. First as an opera singer, then as an opera director, Drew became interested in a variety of movement systems and has taught workshops in both singing and movement for singers for thirty years. A trainee certified Feldenkrais practitioner, Drew also brings his background in Polarity, Kahuna work, Stough Method breath work, and the Alexander Technique, as well as years of research into the movement principles of 17th and 18th century acting, to his present teachings in Feldenkrais and Deep Listening.

FRIDAY CLASSES CONTINUES

Fridays: 3:20 - 4:35 pm 8 Week Classes (March 19 - May 7)

The World of Birds

Limit: 50

Presenters: **Claudius Feger, Sue Iannucci, Alan Peterson, and David Chernack**

Birds are ever-present in nature. During COVID, many people have developed an interest in birds, since they can be observed from one's window or on walks. The course will cover various aspects of birds and bird observation. Topics include bird evolution and the concept of species; bird identification, including the use of binoculars, scopes, cameras, sound recordings, books and online tools; citizen science projects like eBird and Christmas bird counts; gardening for birds and bird conservation; and annual bird cycles, including migration and seasonal occurrences.

Presenters are members of the Ralph T. Waterman Bird Club, founded in Dutchess County in 1951. **Claudius Feger** has been fascinated by birds since he was seven years old and watched birds on six continents, organizing most of these journeys himself. He holds a doctorate in chemistry and has worked as a scientist and manager at IBM Research, a professional focus that has led him to his interest in evolution and bird behavior. He is currently Treasurer of the Ralph T. Waterman Bird Club.

Susan Iannucci, of Wappingers Falls, a retired software engineer, is currently the conservation chair of Waterman Bird Club.

Alan Peterson graduated from the Ohio State University school of veterinary medicine in 1985 after earning his MS degree in zoology with a specialty in ornithology. He is a nineteen-year veteran of the New Jersey World Series of Birding.

David Chernack, of Hyde Park, is a graduate student at Bard Center for Environmental Policy, focusing on municipal policy and electric transportation development.

Guided Vision: Composition in Photography

Limit: 8

Presenter: **Sasha Louis Bush**

This class serves as an introduction to photographic composition in which students can build their critical analysis skills in making, looking at, and talking about images. Students will tackle such questions as, what makes for a deep engagement with an image and how can we guide our viewer's eye through a photograph? Through visual presentations, weekly shooting assignments and critiques, students will learn about compositional elements including light, color, balance, geometry and repetition. Students will complete the class with a photo series of ten to twelve photographs and accompanying written artist statement.

Students will need a digital camera for this class. All formats are welcome: iPhone /iPad / DSLR

Sasha Louis Bush is a New York City based educator and photographer. Sasha received his MFA from ICP-Bard (2017) and BA from Hampshire College (2009). He currently teaches at Oakwood Friends School and has taught at the school of the International Center of Photography, SUNY New Paltz, and Poughkeepsie Day School. His work has been shown at The Camera Club of New York, ICP and Barrett Art Center, among others and his work is held in the collections of the ICP Library in New York City and the Clara M. Eagle Gallery at Murray State University in Kentucky.

FRIDAY CLASSES CONTINUES

Free Your Writing Voice

Limit: 20

Presenter: **Shannon Rothenberger Flynn**

Clear communication is a practical goal, but there are other benefits to writing, such as expressing yourself in a way we usually can't do in "real life," processing experiences, and accessing deep memories by creating images with words. If you're thinking that writing class is like art class, you are right. Images are alive. Using prompts, we'll write stories in space and through different time structures, journeys, viewpoints, and processes. Come prepared to play with no preparation. You may also share any kind of work at any stage. Images are alive. And there is nothing better than aliveness.

Have a really nicely flowing pen and a notebook. Unless it is uncomfortable for you, there are several reasons why longhand works better for this kind of freewriting.

Shannon Rothenberger Flynn is the author of several nonfiction books and articles, and is currently working on a memoir. She has facilitated writing workshops for Manhattan's Indigenous community through Nitchen Family Awareness Network (now the Children's Cultural Center of Native America) and was a panelist at Museum of Natural History's Indigenous storytelling events, the Ossining Film Festival, and the Standing Rock Tent at the Clearwater Festival. Shannon has taught writing at Dutchess Community College and currently is a writing instructor at the Culinary Institute of America. Shannon is also a storyteller with the TMI Project in Kingston, New York.

Vassar Science Sampler

Limit: 35

Presenters: **Mark Schlessman, Fred Chromey, Bill Straus, Jodi Schwarz, Chris Smart, Paul Ciminello, Jose Perillan, and Robert Augustine**

This course offers members a series of eight lectures by members of the Vassar Science Faculty. This year they are joined by local environmental engineer and Marist College adjunct, Paul Ciminello.

First week— **Sex in Flowering Plants**

Presenter: **Mark Schlessman**, Professor of Biology

Second week— **The Beginning and End of the Universe**

Presenter: **Fred Chromey**, Professor of Astronomy

Third week— **Neural Crest, Domestication Syndrome, and the Evolution of Modern Humanity**

Presenter: **Bill Straus**, Associate Professor of Biology

Fourth week— **Coral Reefs in a Warming World**

Presenter: **Jodi Schwarz**, Associate Professor of Biology

Fifth week— **The Lightning Wranglers: Vassar Students Design, Build, and Run an Arc Vapor Synthesis Reactor**

Presenter: **Chris Smart**, Associate Professor of Chemistry

Sixth week— **The History of Environmentalism in America**

Presenter: **Paul Ciminello**, Adjunct Professor at Marist College

Seventh week— **Demarcation Aftershocks: Failing to Understand Uncertainties**

Presenter: **Jose Perillan**, Assistant Professor of Physics and Science, Technology and Society

Eighth week— **The Past, Present, and Future of Plant Genetic Engineering**

Presenter: **Robert Augustine**, Visiting Assistant Professor of Biology

Fridays: 3:20 - 4:35 pm First 4 Weeks (March 19 – April 9)

Poughkeepsie Gallery Tours

Limit: 75

Presenter: **Anita Fina Kewra**

This class will provide virtual tours of four Poughkeepsie art galleries, such as Queen City 15, Women's Work Art, Gallery 330, and 40 Cannon. 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.

America's Two Traditions: Racism & Race Amity

Limit: 100

Presenters: **Poughkeepsie's Race Unity Circle members**

This course will present excerpts from two ground-breaking PBS films, *Race: The Power of an Illusion* and *Race Amity: The Other Tradition*, which serve as the foundation for subsequent courageous conversations about race. Thanks to ground rules that encourage open & honest dialogue, attendees are free to approach the material from their own perspective, express their own thoughts and absorb those of others, and gain new insights at their own pace.

Poughkeepsie's Race Unity Circle, whose members are trained facilitators, which grew out of an urgent call to action felt by a few members of the Baha'i Faith in response to the news coming out of Ferguson, Missouri. Though started by Baha'is, the Circle quickly became multi-cultural and multi-faith. We believe that all people are members of one race: the Human Race. The elimination of racism from our communities is not just an aspiration; it is a spiritual imperative that requires sustained, persistent action. The Circle has held public meetings since 2014 for participatory experiential learning about race and racism.

FRIDAY CLASSES CONTINUES

Fridays: 3:20 - 4:35 pm Last 4 Weeks (April 16 – May 7)

Courageous Conversations about Race and Racism

Limit: 100

Presenters: **Poughkeepsie's Race Unity Circle members**

This course will host conversations about four books published in recent years that address the nature of systemic racism in a modern context.

Each discussion will allow students to dig deeper on themes developed during the first 4 week course, America's Two Traditions: Racism & Race Amity. Thanks to ground rules that encourage open & honest dialogue, attendees are free to approach the material from their own perspective, express their own thoughts and absorb those of others, and gain new insights at their own pace.

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