

VASSAR COLLEGE LIFELONG LEARNING INSTITUTE

VCLLI
SPRING 2024

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

SPRING 2024 CATALOG OF CLASSES

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

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

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

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

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

Classes Are Conducted In Person and Via Zoom

IMPORTANT INFORMATION ABOUT CLASS LIMITS

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

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

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

On-Campus and Off-Campus IN PERSON courses count against the above limit.

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

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

When selecting courses, please note the dates they meet.

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

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

**FOR ZOOM ACCESS AND LOGIN INSTRUCTIONS,
YOU WILL BE CONTACTED BY YOUR INSTRUCTOR OR CLASS MANAGER**

FRIDAY ON-CAMPUS CLASSES

FIRST PERIOD

9:30 AM – 10:45 AM

The Poetry of Emily Dickinson

8 Weeks

Pg 11

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

Gentle and Accessible Mat Yoga

First 6 Weeks

Pg 14

March 8, 15, 22; April 5, 12, 19 (no class on March 29)

Wise Aging

First 6 Weeks

Pg 15

March 8, 15, 22; April 5, 12, 19 (no class on March 29)

Cleaning Up the Poughkeepsie Waterfront

First 4 Weeks

Pg 15

March 8, 15, 22; April 5 (no class on March 29)

AI and the Future of Art & Imaging

Last 4 Weeks

Pg 18

April 12, 19, 25; May 3

SECOND PERIOD

11:05 AM – 12:20 PM

Early Feminist Writers: Virginia Woolf and Colette

8 Weeks

Pg 11

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

A History of Our Times: Social Change & Resistance

8 Weeks

Pg 12

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

Fiction Writing with Other Writers

8 Weeks

Pg 12

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

The Two P's of Health: Prevention and Promotion

First 4 Weeks

Pg 16

March 8, 15, 22; April 5 (no class on March 29)

THIRD PERIOD**1:45 PM – 3:00 PM****American Colossus: 1890-1960****8 Weeks****Pg 13**

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

The Fairy Tale Experience**8 Weeks****Pg 13**

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

Also-Rans: Four Men Who Ran for President and Lost**First 4 Weeks****Pg 16**

March 8, 15, 22; April 5 (no class on March 29)

Orientalism in Art**First 4 Weeks****Pg 17**

March 8, 15, 22; April 5 (no class on March 29)

New Mexican Cinema (In English)**First 4 Weeks****Pg 17****Additional Class Date:** March 8, 15, 22, 29 (Good Friday); April 5**Fashion and Art****Last 4 Weeks****Pg 19**

April 12, 19, 25; May 3

Drawing From Nature**Last 4 Weeks****Pg 19**

April 12, 19, 25; May 3

FOURTH PERIOD**3:20 PM – 4:35 PM****Vassar Science Sampler (Version 7)****8 Weeks****Pg 14**

March 8, 15, 22; April 5, 12, 19, 25; May 3 (no class on March 29)

Four Great Film Scores from the Golden Age of Hollywood**First 4 Weeks****Pg 18****Special Class Date:** March 8, 15, 22, 29 (Good Friday)

April 12, 19, 25; May 3

TUESDAY ZOOM CLASSES

FIRST PERIOD

9:30 AM – 10:45 AM

Call Me Madam... Justice

First 6 Weeks

Pg 21

March 5, 12, 19, 26; April 2, 9

Mystical Italy

First 4 Weeks

Pg 22

March 5, 12, 19, 26

SECOND PERIOD

11:05 AM – 12:20 PM

Realism and Romanticism in Modern Sculpture and Painting

8 Weeks

Pg 20

March 5, 12, 19, 26; April 2, 9, 16, 30 (no class on April 23)

Qigong for Health and Longevity

8 Weeks

Pg 21

March 5, 12, 19, 26; April 2, 9, 16, 30 (no class on April 23)

The Poetry of Peace

First 4 Weeks

Pg 22

March 5, 12, 19, 26

Psychology and Film

Last 4 Weeks

Pg 23

April 2, 9, 16, 30 (no class on April 23)

Olana, Church and the Inspiration of Place

Last 4 Weeks

Pg 23

April 2, 9, 16, 30 (no class on April 23)

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

SPRING 2024 SCHEDULE OF CLASSES

SINGLE SESSION CLASS – IN PERSON

Thursday, March 7

2:00 PM - 5:00 PM

Trolley Barn Gallery, Poughkeepsie

Introduction to Curation

Limit: 20

Presenter: Jaime Ransome

Students will be given an introductory seminar in the art of curation. This is a one-day seminar, which is broken into three parts--lecture, workshop and presentation. Students will learn about labels, gallery design, art selection, gallery and museum standards and curatorial activism. After a lecture by the Trolley Barn Gallery manager, students will break into groups to create virtual exhibitions based on the standards and strategies presented. Students will get hands-on experience with selecting an exhibition theme, selecting art that supports that theme, displaying the work to an audience in a way that enhances their artistic understanding and presenting as a team. The seminar will be held in The Art Effect's Trolley Barn Gallery during the Trolley Barn Gallery's first exhibition of 2024, "The Episode Where a Gallery Exhibits Anime Art," which is an exhibition of art inspired by Japanese anime, manga and American cartoons.

Jaime Ransome is the manager of The Art Effect's Trolley Barn Gallery on Main Street in Poughkeepsie. Ransome was born in Poughkeepsie and raised in Rhinebeck. Ransome graduated from Syracuse University, receiving her BFA in film and her MFA in museum studies in 2022. Ransome is a feminist and BIPOC art historian and is passionate about curatorial activism. In the Fall of 2023, Ransome taught the Lifelong Learning Institute's "Art and Symbolism" course, which introduced students to ways of looking at and understanding art based on their active knowledge of archetypes, icons and empathy.

SINGLE SESSION CLASSES – ON ZOOM

Wednesday, March 13

1:00 PM - 2:15 PM

Textile Conservation at NYS Historic Sites

Limit: 100

Presenter: Sarah Stevens

This presentation will provide an overview of the textile conservation activities performed at the Peebles Island Resource Center, a part of the New York State Division of Historic Preservation. Peebles Island assists the NYS Historic Sites system with the care of their collections, many of which are historic homes. The care and

conservation of all types of textiles will be discussed, including environmental factors that influence long-term preservation. A discussion of how best to care for your personal textile collections will follow.

Sarah C. Stevens, Textile Conservator for the New York State Office of Parks, Recreation and Historic Preservation's Bureau of Historic Sites (Peebles Island) came to Peebles Island in 2000 specifically for the New York State Battle Flag Preservation Project and has been working on the state's collections for over 20 years. She received her MS in Historic Costume and Textiles from the University of Rhode Island, spent a year at the Metropolitan Museum of Art, NYC on a Mellon Fellowship and then nine months at the Cooper-Hewitt National Design Museum as Assistant Textile Conservator before she began at Peebles Island.

Thursday, March 21

1:00 PM - 2:15 PM

Riverside Moguls: A Glance at Ten Gilded Age Robber Barons

Limit: 100

Presenter: Alex Prizgintas

From the Vanderbilts of Hyde Park and Rockefellers of Westchester County to Jay Gould's purchase of Tarrytown's Lyndhurst estate, William H. Osborn's "Castle Rock" of Garrison, J. P. Morgan's Cranston estate of Highland Falls, and the vast land holdings of E. H. Harriman in Orange County, the Hudson Valley has been home to many of the Gilded Age's most illustrious, and infamous, titans of industry. Though their empires were not always centered in New York, the glamorous estates of these nineteenth-century moguls offer glimpses into a rich era of the past that binds the nation with the Hudson Valley.

Alex Prizgintas is a graduate of Marist College with degrees in Hudson River Valley history and holds a Master's of Public Administration. He has been published in the *Hudson River Valley Review*, *New York Archives Magazine*, and *Orange County Historical Society Journal* on topics including Hudson River railroad history, Orange County's dairy farming history, and the region's early settlers. Alex serves as president of the Woodbury Historical Society, the town where two of the grand mansions in this program are located. Since 2013, Alex has been a frequent presenter of local history and a cellist/pianist across New York and New Jersey.

OFF CAMPUS CLASSES – IN PERSON

All Classes are 4 Weeks

Note: Special Dates, Times and Locations

Thursdays, March 7, 14, 21, 28

10:00 AM - 11:15 AM

Loeb Art Center

Making a Creative Life: Women in the Arts

Limit: 15

Presenters/Coordinators: Mary Kay Lombino and Jessica Brier

Throughout history, women have not been afforded opportunities to pursue careers in the arts. This course begins with an in-depth look at the Vassar Loeb Art Center's new exhibition, "Making a Life in Photography: Rollie McKenna," the first survey of the work of a Vassar grad who made unique yet under-recognized contributions to American modernism and documentary photography. McKenna used her camera to forge an unusual path for a woman in mid-twentieth-century America toward both personal and creative freedom. We will then look at other examples of women artists and photographers in the Loeb's collection.

The course will take place in-person in Loeb's galleries. Gallery stools will be accessible for anyone wishing to sit.

Mary-Kay Lombino, co-curator of *Making a Life in Photography: Rollie McKenna*, is deputy director and Emily Hargroves Fisher '57 and Richard B. Fisher Curator at the Frances Lehman Loeb Art Center, where she has overseen the modern and contemporary art and photography collections, exhibitions, and publications at the Loeb for over fifteen years. Previously, she served as Curator of Exhibitions at the University Art Museum, California State University, Long Beach, and as Assistant Curator at UCLA Hammer Museum. Her past Loeb exhibitions include *Shape of Light: Defining Photographs from the Frances Lehman Loeb Art Center*; *The Polaroid Years: Instant Photography and Experimentation*; *Utopian Mirage: Social Metaphors in Contemporary Photography and Film*, and many others. Lombino holds an MA in art history and museum studies from the University of Southern California.

Jessica D. Brier, co-curator of *Making a Life in Photography: Rollie McKenna*, is curator of photography at the Frances Lehman Loeb Art Center and a specialist in histories of modernism. At the Loeb, she organized the exhibitions *On the Grid: Ways of Seeing in Print*, *Women at Work: Photography and Labor*, and *Seeing and Being Seen: Photography from the Loeb in Honor of the First Vassar Pride*, along with numerous other photography installations. Brier previously served as curatorial assistant in Photography at the San Francisco Museum of Modern Art (SFMOMA). She holds a PhD in art history from the University of Southern California and an MA in curatorial practice from the California College of the Arts.

The last session will be led by members of the Loeb's Gallery Guides program, which trains Vassar students to lead tours in the galleries.

Wednesdays, April 10, 17, 24; May 1

1:00 PM - 2:15 PM

James Baird State Park

Limit: 14

Pickleball 102

Presenter: Vicky Weinblatt

This is intended as a follow-up to the Pickleball 101 course offered in previous semesters or as a course for people who have had some experience playing pickleball. Please do not register if you are brand new to the game. We will be going over beginner/intermediate strategy and drills with emphasis on game play.

Students will need their own pickleball paddle. Balls will be provided by the instructor.

Please note: As a courtesy to others wishing to register for this limited enrollment class, please do not sign up if you are not planning to attend all four sessions.

Vicky Weinblatt has co-taught Pickleball 101 for VCLLI and the town of East Fishkill for the last few years. She has enjoyed watching students' progress and meeting them on the Dutchess County courts after they have gained some confidence. After 38 years, Vicky retired from IBM/Global Foundries in 2020. In her spare time, she enjoys lots of physical activity in addition to pickleball---gym classes, hiking, skiing, biking and traveling.

Thursdays, April 11, 18, 25; May 2

12:00 PM - 1:30 PM

Poughkeepsie Underwear Factory

Limit: 8

Introduction to Heat Press

Presenter: Anita Kiewra

In this course we will learn how to create a custom T-shirt or tote bag with your own design using the equipment at the Community Printmaking Studio. Four classes will cover the process of making the design suitable for printing, uploading to the equipment to print and cut transfers, and use of the heat press equipment to create your own custom product. Please come to the first class with your design ready, either hand-drawn or digital. Please do not use copyrighted material for your design.

Students will be charged for the blank items to be printed on (T-shirt, cap, tote bag and coffee cup) for \$10-15 total. Please DO NOT purchase your own blanks - we will NOT use them in this course. Vegan pastries and lunch are available for purchase from Little Loaf Bakery in the PUF Coffeeshop, 8am-1pm.

Anita Kiewra is a teaching artist who 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, located 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.

FRIDAY ON-CAMPUS CLASSES

FRIDAY ON-CAMPUS 8 WEEK COURSE

9:30 AM – 10:45 AM

The Poetry of Emily Dickinson

Limit: 25

Presenter: Judith Saunders

A major poet by world standards, and a towering presence in the American literary tradition, Emily Dickinson addresses a wide range of topics in her poetry: nature, art and, above all, the individual self, confronting social conventions, intimate relationships, metaphysical questions, emotional quandaries, and the "finite infinity" of the world within. As we explore her treatment of these issues, we'll examine her innovative handling of rhyme, syntax and punctuation (glancing briefly at her formal influence on twentieth-century English-language poets.)

Participants must acquire a copy of *Final Harvest: Emily Dickinson's Poems*, selected by Thomas H. Johnson (available in paperback Back Bay Books / Little Brown).

Judith Saunders is Professor Emerita of English at Marist College. A specialist in American literature, she has taught courses spanning the American tradition, as well as classes in composition and creative writing. Her particular interests include the American Renaissance, contemporary English-language poetry, and interdisciplinary studies. In recent decades, much of her research and teaching has focused on the intersection between literature and evolutionary psychology. She has published evolutionary analyses of works by Benjamin Franklin, Nathaniel Hawthorne, Henry Thoreau, Walt Whitman, Edith Wharton, Zora Neale Hurston, Ernest Hemingway, and others. Her writing for general audiences includes humor, satire, memoir and poetry.

FRIDAY ON-CAMPUS 8 WEEK COURSES

11:05 AM – 12:20 PM

Early Feminist Writers: Virginia Woolf and Colette

Limit: 30

Presenter: Rena Bonne

Two women, two writers. One French and one British. Woolf was complexly connected to her father, while Colette maintained a lifelong attachment to her mother. Colette had three husbands; Leonard Woolf was a devoted husband, faithful till the end. Colette loved life and lived it fully; Woolf struggled with mental illness and took her own life. Despite their differences, both are bound together by their burgeoning feminism and their efforts to define the female experience. We will celebrate both writers as we compare and contrast their essays, fiction and autobiographical works.

Suggested readings will include: *A Room of One's Own*, *Mrs. Dalloway*, *To the Lighthouse*, *Cheri*, *The Return of Cheri*, *Sido* and *My Mother's House*.

Rena Bonne holds a doctorate in comparative literature: her dissertation was a comparative study of Woolf and Colette, with much of the research accomplished while on a fellowship for study in Paris. Having taught at The New School, The New York Institute of Technology and CUNY, she retired from a long career in education and now resides in New Paltz with her two rescued dogs and one rescued cat. She writes for a variety of magazines and online journals.

A History of Our Times: Social Change & Resistance Limit: 35

Presenter: Miriam Cohen

In the mid-twentieth century, many Americans, excluded from the post-war promise of prosperity and freedom, organized to demand full participation in a truly democratic society. In this course we look at the efforts of some of those Americans— African Americans, women, ethnic minorities, and the LGBTQ+ community—to broaden the national commitment to social justice. We will also look at the backlash that erupted against these forces of change, emerging with force at the end of the 1970s, and continuing in our own times.

This course will incorporate both lecture and group discussion. To facilitate discussion, prior to class meetings participants will read short primary documents of the era, including brief writings of activists and political figures on both sides of these struggles.

Miriam Cohen, Evalyn Clark Professor Emerita of History, taught at Vassar from 1977 to 2021. She received her BA from the University of Rochester in 1971 and her PhD in history from the University of Michigan in 1978. Her specialties include the history of American women and twentieth-century American political and social history. The author of two books and numerous articles, she has published widely on the history of women, and on the history of social reform in the United States and Europe.

Fiction Writing with Other Writers Limit: 14

Presenter: Roberta M. Roy

One may write well but never have written fiction. This is a course for both writers who have written fiction and for those who would like to learn to write fiction. While the presenter will offer ideas, suggestions and spoken critiques, this course will be built primarily through student participation. It is based on the assumption that the teaching of punctuation and grammar is not necessary for class participants. As such, the course will focus on content, style and fictional story building. While writing prompts will be used, over time they will become increasingly individualized.

Course participants are asked to bring a 9" x 11" spiral notebook and a writing implement to each session of the class. In preparing examples of writing, to ensure room for revisions, it is asked that a line be skipped between each line of writing. The notebook will be used for both in class and out of class writing/journaling.

Suggested Readings include:

Common Writing Myths: <https://www.lewisu.edu/writingcenter/pdf/common-writing-myths1.pdf>

Fiction writing: <https://www.lewisu.edu/writingcenter/pdf/fiction-writing-tips.pdf>

Figurative language: <https://www.lewisu.edu/writingcenter/pdf/amys-resource-pdf.pdf>

Roberta M. Roy is the author of the award-winning Jolt Survival Trilogy Novels: *Jolt: a story of survival*; *Two Close: a story of survival*; *Home Again 2020: a story of survival*. Roy is also an award-winning scriptwriter and has written ten episodes of the Jolt Survival Tele Series, four dramas, and three short stories. A licensed speech language pathologist by profession, she currently provides speech language tele-therapy sessions through G and E Services. Roy received her BA from SUNYA (State College for Teachers at Albany), her MA from the University of Nebraska, and EBD at the University of Michigan.

FRIDAY ON-CAMPUS 8 WEEK COURSES

1: 45 PM – 3:00 PM

American Colossus: 1890-1960

Limit: 35

Presenter: Tom Walker

At the end of the 19th Century, our nation's abundant resources and a growing labor force, fueled in part by immigration, positioned America for growing international influence. The U.S. assumed a greater role after World War One, but the destructive effects of that conflict led to the Great Depression and the rise of totalitarian powers. By the end of World War Two in 1945, America had emerged as the apparent leader of the Free World. Join us as we examine the cultural, political and technological developments of this period.

Tom Walker graduated from the U.S. Naval Academy in Annapolis in 1966, served for twenty-two years as a Navy Pilot, and retired with the rank of Commander. Tom has taught LLI courses at Vassar and Bard and Insurance Law at Dutchess Community College. He retired from New York State with twenty years as a State Veterans Counselor. Tom has lived in the Hudson Valley since 1986 and is happily married with four children and five grandchildren. Major hobbies include playing music on a variety of folk instruments.

The Fairy Tale Experience

Limit: 30

Presenter: Patty Kane Horrigan

This class will provide a deep look into fairy tales. Participants will get to revisit the age-old tales they knew and loved. We'll reunite with old storybook friends and make new ones, as we examine tales from around the world. We'll consider the possible meanings they hold — for children and for adults. The class will look at the structure and meaning of these stories and explore such common concepts as evil in fairy tales, the role of magical helpers and what "happily ever after" might really mean.

Patty Kane Horrigan is a writer, teacher and counselor whose fairy-tale classes help people find the deep personal riches within these stories. She encourages others to explore these magical memories from their childhoods. She has a website at storybooklives.com and writes a regular newsletter (about fairy tales) on Substack.

Vassar Science Sampler (Version 7)

Limit: 35

Presenter: David Bloom

The Science Sampler is a weekly opportunity to gain insight into diverse areas of scientific research. Each week a different member of the Vassar College science faculty will present a lecture on a topic of their choice:

March 8: **Alaina Richard**, Visiting Assistant Professor of Biology---Topic: "America's Favorite Drugs."

March 15: **John Long**, Professor of Biology and Professor and Chair of Cognitive Science on the John Guy Vassar Chair-- Topic: "The Salmon's Skeletal Surprise: A Dynamically Remodeling Backbone."

March 22: **Mary Ann Cunningham**, Professor of Geography-- Topic: "Solving the Climate Crisis with Renewable Energy: Lessons from Copenhagen?"

April 5: **Colin Aitken**, Assistant Professor of Biology-- Topic: "We live in an RNA world."

April 12: **Kelli Duncan**, Professor of Biology on the Patricia Shoer Goldman-Rakic '59 Professorship Chair-- Topic: "Being bird-brained isn't an insult after all: What birds can teach us about traumatic brain injury."

April 22: **Jose Perillan**, Associate Professor of Physics and Science, Technology and Society and the Pauline Newman Director of Science, Technology, and Society-- Topic: "Reimagining Maria Mitchell's Astronomical Shed."

April 26: **Glenn Roy**, Adjunct Assistant Professor of Chemistry-- Topic: "The Role of Saliva Composition in Taste Acuity."

May 3: **Joseph Tanski**, Professor of Chemistry on the Matthew Vassar, Jr. Chair – Topic: "What is single crystal X-ray crystallography and how it helps us figure U out."

David Bloom is a retired special education teacher who enjoys creating community and organizing courses for the Vassar LLI.

Gentle and Accessible Mat Yoga

Limit: 15

Presenter: Dana Lucas

In this course we will learn and practice various seated, reclining and standing yoga postures. Each class will begin with a short meditation. Sometimes we will be on our hands and knees. We will move slowly in and out of poses, resting whenever needed. Please wear comfortable loose clothing that allows for movement. Participants must be able to get up and down from the floor. No experience is necessary.

We will work on building strength and flexibility and improving our balance. Yoga helps to decrease stress and improve sleep while increasing circulation and concentration.

Dana Lucas has been teaching yoga since 2007, when she received her 200-hour certification. Since then, she has taught a variety of styles of yoga. Dana strives to balance the importance of foundation (stability) and alignment while keeping things lighthearted. Her classes are infused with laughter (so important) and a sense of community, where everyone is welcome and encouraged to begin where they are.

Wise Aging

Limit: 20

Presenter: Linda Cantor

This course is based on the book, *Wise Aging: Living with Joy, Resilience and Spirit* by Rabbi Rachel Cowan and Dr. Linda Thal. Together we will begin to navigate issues of aging that we all face. We will explore this stage of our life and examine topics such as talking about difficult subjects, adapting to changing bodies, dependence and interdependence, cultivating friendships, forgiveness, preparing for the future, living with loss and living life fully.

The class is experiential, and participation is necessary. The class is open to new students and to those who were with us last year.

This course will be taught by multiple presenters, all of whom have been participating in a wise aging group for the past 12 years. They are **Linda Cantor, Sandy Corwin, Marge Groten, Muriel Horowitz, Julie Kessler and Mimi Tannen.**

Suggested Reading: *Wise Aging, Living with Joy, Resilience and Spirit* by Rabbi Rachel Cowan & Dr. Linda Thal.

Linda Cantor was trained in leading wise aging groups by Rachel Cowan. Sandy, Marge, Muriel, Julie, Mimi and Linda have been part of a local wise aging group for the past 10 years. Each of them is experienced in leading wise aging groups and were the leaders of last year's Wise Aging class at LLI.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSE

9:30 AM – 10:45 AM

Cleaning Up the Poughkeepsie Waterfront

Limit: 30

Presenter: Paul Ciminello

This class walks you through the historic development (and contamination) of a property on the Poughkeepsie waterfront (whale processing, glass works and wood preserving), how that property was investigated per NYS rules and regulations and how that property was eventually cleaned up and redeveloped into a residential building.

Paul Ciminello is an environmental professional with almost 40 years of training and experience. Paul received his dual advanced degrees in Environmental Management (specializing in hydrogeology and water resources) and Public Policy (economic analysis) from Duke University and moved to the Hudson Valley in 1986, where he has worked continuously

(until retirement in 2019) in the fields of Environmental Investigations and Remediation. Paul has taught at Marist College on an adjunct basis since 1999, teaching sections of Introduction to Environmental Issues as well as teaching an upper-level course in Environmental Investigations and Remediation.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSE 11:05 AM – 12:20 PM

The Two P's of Health: Prevention and Promotion Limit: 25

Presenter: Gary Quartararo

This class will ask the students to contemplate a redefinition of "How we do health" and to ask the question "Do we have a 'sick care' system or a 'health care' system?" It will attempt to engage the class in how we might be the agents of change towards a system of healthcare that keeps us well, rather than just treating us when we are sick.

Gary Quartararo was a high school health educator for 37 years, and adjuncts at Nassau Community College for over 50 years and at Adelphi University for 13 years. In addition, he has taught and run an agency for a defensive driving course. Gary has also provided some guidance for some corporate wellness initiatives.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSES 1:45 PM – 3:00 PM

Also-Rans: Four Men Who Ran for President and Lost Limit: 35

Presenter: Sandra Opdycke

There is no greater defeat in American political life than to lose a presidential election. This course will explore the lives of four men who had that experience: William Jennings Bryan, Al Smith, Thomas Dewey and Barry Goldwater. These men were once major national figures, with thousands of committed followers. How did they rise so high? Why did they lose? And what happened to them afterwards?

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

Orientalism in Art

Limit: 30

Presenter: David Roberts

This course will be a survey of how the Western world has viewed the "Mysterious East" in the arts, from the fantasies of Chinoiserie in the 18th century, the Orientalist painters of the 19th century (Middle East and North Africa) and the fascination with Japanese art after Japan was opened to international trade in 1858.

David Roberts is a graduate of SUNY New Paltz. In 1972 he moved to New York to pursue a career in theatrical costumes. He worked at the Metropolitan Opera for three seasons; he also designed and worked at Boston Opera, Washington Opera, San Diego Opera, Wolf Trap Opera, the Glimmerglass Festival, Philadelphia Drama Guild, and Marin Civic Ballet. He worked for twelve years in the Jim Henson Muppet Workshop. He has taught History of Fashion at Marist, and at FIT. He also taught at Montclair State University in New Jersey. He has lectured for Vassar LLI and for Marist CLS.

New Mexican Cinema (In English)

Limit: 35

Presenter: Mihai Grunfeld

Special Additional Class Date: March 29 (Good Friday)

Since the 1990s, Mexico came into its new Golden Age of cinematography with some of the best known international directors like Alfonso Cuarón: *Harry Potter and the Prisoner of Azkaban* (2004), *Gravity* (2013), *Roma* (2018); Alejandro González Iñárritu: *21 Grams* (2003), *Babel* (2006), *Beautiful* (2010), *Birdman* (2014); and Guillermo del Toro: *Pan's Labyrinth* (2006), *The Shape of Water* (2017), *Pinocchio* (2022). In this course we will examine four Mexican movies in their socio-political contexts.

If you sign up for this course, please make sure you have the time to see the movies before each class. We will use the class time to discuss them.

Schedule:

March 8: Introduction to Mexico and its cinematography

March 15: Discussion of Alfonso Arau, *Like Water for Chocolate* (1992)

March 22: Discussion of Alejandro González Iñárritu, *Life's a Bitch* (2000)

March 29: Discussion of Alfonso Cuarón, *And Your Mother Too* (2001)

April 5: Discussion of Guillermo del Toro, *Pan's Labyrinth* (2006)

Mihai Grunfeld taught Spanish and Latin American culture and literature for 33 years as a full-time faculty member at Vassar College from which he retired in 2020. He has traveled and lived extensively in Spain and Mexico and visited many countries in Latin America.

Four Great Film Scores from the Golden Age of Hollywood

Limit: 25

Presenter: Brian Mann

Note Special Class Date: March 29 (Good Friday)

The 1940s and 50s are often regarded as the “Golden Age” of Hollywood films, and this is equally true of the brilliant film scores that were written during these years. This course explores four films and their music, all by masterful composers. We examine *Casablanca* (1941, score by Max Steiner); *The Best Years of Our Lives* (1946, score by Hugo Friedhofer); *Sunset Boulevard* (1950, score by Franz Waxman), and *Vertigo* (1958, score by Bernard Herrmann). We examine these films closely, focusing on the role that music plays in their unfolding.

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

AI and the Future of Art & Imaging

Limit: 25

Presenter: Alan Perlman

The influence of artificial intelligence is everywhere, nowhere more so than in the realm of image creation and manipulation. Is this really art or photography as we have always known them? Or something new and entirely different? The answer is in the view of the beholder. This class offers a glimpse into the latest technology influencing our visual world. The exploration of software tools such as Midjourney and Photoshop offers an understanding of the opportunities, challenges and implications we face as a society going forward. It is not necessary to own or even be familiar with any software to participate.

This is primarily a demonstration and discussion course exploring previously unknown options for creating imagery and the impact of such technology on assumptions we've always taken for granted, such as: imagination and creativity are the exclusive province of sentient human beings. It emphasizes what is now increasingly possible--and the consequences--rather than how to do this or that specific task.

Alan Perlman has been a working professional photographer for more than four decades, specializing in corporate communications, executive and business portraiture, and special events of virtually every description. His client list includes American Express, The NASDAQ Stock Market, Greyhound, AXA Financial, Costco, The Big Apple Circus, etc. His work has appeared in numerous publications around the world. He has been teaching and speaking about digital imaging in a variety of venues since 2006. He was named an Outstanding Teacher-of-the-Year by the Suffolk Association for Continuing Community Education. More recently, he has been traveling to learn more about the world and make photographs.

Fashion and Art

Limit: 30

Presenter: David Roberts

In this course we will explore the connection between art history and fashion: iconic paintings showing important styles of clothing will be examined, famous artists as designers will be explored, as will designers who have been inspired by famous works of art. We will also look at how textiles have been depicted in paintings.

David Roberts is a graduate of SUNY New Paltz. In 1972 he moved to New York to pursue a career in theatrical costumes. He worked at the Metropolitan Opera for three seasons; he also designed and worked at Boston Opera, Washington Opera, San Diego Opera, Wolf Trap Opera, the Glimmerglass Festival, Philadelphia Drama Guild and Marin Civic Ballet. He worked for twelve years in the Jim Henson Muppet Workshop. He has taught History of Fashion at Marist, and FIT. He also taught at Montclair State University in New Jersey. He has lectured for Vassar LLI and for Marist CLS.

Drawing From Nature

Limit: 12

Presenter: Carol DiPalo

When we draw, we translate 3D perceptual information to a 2D surface. In the class I taught last semester we focused on drawing exercises to engage the right side of the brain. This semester, by drawing from observation, we will work to improve skills by recording what we actually see. We will be doing life drawing from nature and, weather permitting, going outside to find inspiration on the campus.

Previous art experience is not necessary, as exercises and assignments are designed to build self-confidence and enhance creativity.

Carol DiPalo is a seasoned and inspiring mixed-media artist and master educator. Her love and connection with nature are at the forefront of her creativity. Carol has worked for many community nonprofits within the Hudson Valley where she played a major role in the creative conception and implementation of art programming. She is currently retired from the Arlington School District, and continues to make authentic, meaningful and inspirational art.

FRIDAY ON-CAMPUS LAST 4 WEEK COURSE

3:20 PM – 4:35 PM

The War and After: Art and Culture of the 1940s

Limit: 30

Presenter: Chuck Mishaan

The greatest generation fought and won a terrible war and ushered in a post-war culture of notable—nay, wonderful—novels, movies, artworks, music, science and more. But the 1940s also saw the beginning of the Cold War and the terrible confrontations and frictions of this “New World Order.” We’ll look at this pivotal decade through its creative arts, politics, achievements and threats.

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

TUESDAY CLASSES – ON ZOOM

TUESDAY ON-ZOOM 8 WEEK COURSES

11:05 AM – 12:20 PM

Realism and Romanticism in Modern Sculpture and Painting

Limit: 100

Presenter: John McGiff

This course will look at the traditions of Romanticism and Realism in modern sculpture and painting, exploring the similarities they share as well as the stark differences in their respective visions. From Manet and Rodin to Chuck Close and Duane Hanson, we will look at the abundance of rich artistic imagery that has flowered across two and a half centuries, as well as a handful of international artists who are currently working at the height of their careers.

Students will receive weekly links to pertinent readings and short videos.

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, and drawing and a senior seminar for twenty-two years.

Qigong for Health and Longevity

Limit: 100

Presenter: John Platt

Qigong is an ancient form of exercise from China that uses breath, movement and attention to skillfully activate one's own internal energy. The movements are graceful and sinuous, like smoke rising from a candle wick, yet pregnant with healing power. This introductory course on Qigong will also include techniques to gather and use the natural energies that surround us, especially the power of trees.

Suggested Readings: *The Five Element Orchard* by John and Mary Platt, and *Simple Qigong* by Mantak Chia and Lee Holden

John Platt has been learning and teaching various Chinese arts since 1966. In 1991 he began an intense study of Tai Chi Chuan under various teachers, including Shifu Jiang Jian-Ye, and a study of Qigong from Masters Lee Holden and Dr. Yang Jwing Ming. He currently teaches live classes in Poughkeepsie and Hyde Park. His on-line courses and private tutorials reach internationally to over 15 countries. He is the author of two books, *The Five Element Orchard* and *Qigong: A Toolbox of Energy*.

TUESDAY ON-ZOOM 6 WEEK COURSE

9:30 AM – 10:45 AM

Call Me Madam... Justice

Limit: 45

Presenter: Mickey Steiman

Since 1789 when the Supreme Court was established, there have been 115 Justices and only 6 have been women (4 are current justices). The first woman was appointed in 1981. This presentation will explore the lives, the philosophy and the impact of these six women on the decisions of the Court and will try to answer two simple questions: Why so few and why so long?

Mickey Steiman has an A.B from Colgate University (1968) and a J.D. from Syracuse University College of Law (1972). He was a senior trial attorney, Office of Special Litigation, United States Department of Justice, Washington, D.C. from 1972-1980; had a private practice in Dutchess County for 35 years; and was an adjunct professor, Marist College, Poughkeepsie, from 1982-1989.

Mystical Italy

Limit: 100

Presenter: Nathan Rosenblum

A fascinating study of the spiritual legacy of Italy from ancient times to the present. We shall see how different cultures and religions have influenced the history, arts and literature of the country. In addition, we shall look at the lives and work of mystical thinkers in Italy and their significance. Ultimately, we shall discover the tremendous importance of these traditions to the modern world.

Nathan Rosenblum is a longtime student of mysticism and the esoteric. With degrees in literature, history, and philosophy and as an ordained interfaith minister, he shows how spirituality intersects with many other fields and aspects of culture and the significance of these connections in the modern world.

The Poetry of Peace

Limit: 20

Presenter: Marcy Heidish Dolan

"If peace was something we could breathe, we would close our eyes and savor the precious air...." So writes Cristina Norcross, joining others who address this prized quality. Peace: Wanted by most, captured by few. The poetic form seems ideal for expressing what seems inexpressible --- but clarified by the searches of gifted poets. This course will explore peace as approached in accessible poetry by outstanding authors: Ted Kooser, Wendell Berry, Ada Limon, Billy Collins, Mary Oliver and more. Through readings and discussion, we will concentrate on personal peace and how poets show us how they seek it.

All readings will be photocopied and distributed to class participants one week prior to each class.

Suggested readings may include *Thirst* by Mary Oliver and *The Rain in Portugal* by Billy Collins.

Marcy Heidish Dolan is the author of eighteen books: poetry, fiction and nonfiction. She has taught creative writing and literature at Georgetown, George Washington, and Fordham universities, as well as the Vassar College Lifelong Learning Institute. Marcy is the recipient of a National Endowment for the Arts grant, a Schubert fellowship and other awards. She and her husband are long-time residents of Washington, D.C.

Psychology and Film

Limit: 100

Presenter: Denise Morett

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

Optional reading: *Psychology at The Movies* by Skip Dine Young.

Note for students who have previously taken the course: four new films are always selected each semester.

Dr. Denise Morett is the best-selling author of *Lifeline*, a licensed psychologist with a private practice and a consultant to various hospitals and facilities. She has taught college level psychology courses as well as conducted workshops and trainings throughout the over-30 years of her career. She has been an instructor for VCLLI in past semesters. Her interests are varied and include the use of expressive arts, particularly film, as it relates to the human condition and topics of psychology.

Olana, Church and the Inspiration of Place

Limit: 25

Presenter: Carolyn Keogh

This course, offered by The Olana Partnership, is designed to cultivate a deeper understanding of the life, experiences and inspirations that motivated famed Hudson River School painter, Frederic Church. By exploring Olana, Church's masterwork and family home located in Hudson, NY, participants will get a glimpse into what cultivated this prolific American artist's work and success. Through special virtual tours and lectures, talks by visiting historians, and artmaking exercises, this course will unearth new ways of thinking about Frederic Church and his relationship with the Hudson Valley, inviting participants to consider how Church and other artists are deeply inspired by the idea of place. Each session of the course will include a virtual exploration of the Main House or landscape. In addition to the course instructor, guest visitors and art historians will provide additional insight into the life and artwork of Frederic Church.

All materials (reading and artmaking) will be provided to all participants, including the text of *Frederic Church's Olana: Architecture and Landscape as Art* (June 17, 2016).

Carolyn Keogh is the Director of Education and Public Programs at The Olana Partnership where she oversees public programs, art workshops, lectures and other offerings and events. Previously, she worked at the Guggenheim Museum, where she oversaw K-12 programs. Carolyn is passionate about making museums and cultural spaces welcoming accessible places for diverse learners of all ages. Her research on empathy-building and art museum education was published in *Theory and Practice* in 2019. Carolyn received her BA from NYU in Art History and an MA in Art History with a focus on art museum education from City College.

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