



**VASSAR  
COLLEGE  
LIFELONG  
LEARNING  
INSTITUTE**

**VCLLI  
SPRING 2025**

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# LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

## SPRING 2025 CATALOG OF CLASSES

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

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

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

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

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

Classes Are Conducted In Person and Via Zoom

### IMPORTANT INFORMATION ABOUT 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.

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

When selecting courses, please note the dates they meet.

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

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

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

# LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

## SPRING 2025 CATALOG OF CLASSES

### SINGLE SESSION CLASSES

Wed. April 2: 11:00 AM-12:30 PM  
**Harry Hopkins: FDR's Assistant President & Friend** On Zoom Pg 7

Wed. April 9: 3:15-4:45 PM  
**Victorian Yellowbacks** Vassar College Library Pg 7

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

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

March 28: **Citizens Preparedness** Pg 27

April 4: **AI in Photography** Pg 28

April 11: **True Crimes of the Hudson Valley: A Fictional View** Pg 28

April 25: **Rowing on the Trireme Olympias** Pg 29

May 2: **Stop the Bleed** Pg 29

### OFF CAMPUS CLASSES – IN PERSON – FOUR WEEKS

#### Gentle Walks in the Hudson Valley

Thursdays: April 10, 17, 24; May 1 11:00 AM -12:30 PM Multiple Locations Pg 8

#### Pickleball 101

Wednesdays: April 16, 23, 30; May 7 1:00 -2:15 PM James Baird State Park Pg 8

### FRIDAY ON CAMPUS CLASSES

#### Friday On Campus 9:30 - 10:45 AM

#### Encounters with the Wild in Contemporary Poetry

March 14, 21, 28; April 4, 11, 25; May 2, 9 8 weeks Pg 9

#### Fiction Writing with Other Writers

March 14, 21, 28; April 4, 11, 25; May 2, 9 8 weeks Pg 9

#### The Glory of Classical Music

March 14, 21, 28; April 4, 11, 25; May 2, 9 8 weeks Pg 10

<b>Current Concepts in Medicine</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 12
<b>My Escape</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 13
<b>Springsteen: His Passions, Patriotism &amp; Politics</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 13
<b>Gentle and Accessible Mat Yoga</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 17

## Friday On Campus

11:05 AM – 12:20 PM

<b>America: Colony to Constitutional Republic</b> <i>March 14, 21, 28; April 4, 11, 25; May 2, 9</i>	8 weeks	Pg 10
<b>Major Battles of the Revolutionary War, Part II</b> <i>March 14, 21, 28; April 4, 11, 25; May 2, 9</i>	8 weeks	Pg 11
<b>Argentinian Cinema</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 14
<b>The Changing Image of Women in Art</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 17
<b>A Gift of Elder Adulthood</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 18
<b>Ukraine: What Is It Known For? (Part II)</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 18
<b>The WPA of the 1930s</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 19
<b>Listening to the Enemy: An Art Project</b> <i>April 11, 25; May 2, 9</i>	Last 4 weeks	Pg 20
<b>Making Art with Color</b> <i>April 11, 25; May 2, 9</i>	Last 4 weeks	Pg 21
<b>History's Uncharted Stories of the Hudson Valley</b> <i>April 11, 25; May 2, 9</i>	Last 4 weeks	Pg 21

## Friday On Campus

1:45 – 3:00 PM

<b>Artificial Intelligence: Yesterday, Today and Tomorrow</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 15
<b>Communism and Its Influence on Frida Kahlo and Diego Rivera</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 16
<b>A Wine Tasting Tour of France</b> <i>March 14, 21, 28; April 4, 11, 25</i>	First 6 weeks	Pg 16
<b>Family Folklore</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 19
<b>America in Depression and War</b> <i>April 11, 25; May 2, 9</i>	Last 4 weeks	Pg 22
<b>AI Workshop: Using AI to Master Your To-Do List</b> <i>April 11, 25; May 2, 9</i>	Last 4 weeks	Pg 22

<b>Friday On Campus</b>		<b>3:20 – 4:35 PM</b>
<b>Authoritarianism and the Arts</b> <i>March 14, 21, 28; April 4, 11, 25; May 2, 9</i>	8 weeks	Pg 11
<b>Life Stories</b> <i>March 14, 21, 28; April 4, 11, 25; May 2, 9</i>	8 weeks	Pg 12
<b>Felting Fun for Beginners and Intermediates</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 19
<b>The History of American Jazz: 1945 – 1985</b> <i>March 14, 21, 28; April 4</i>	First 4 weeks	Pg 20
<b>Science Sampler</b> <i>April 11, 25; May 2, 9</i>	Last 4 weeks	Pg 23

## TUESDAY ON ZOOM

<b>Tuesday On Zoom</b>		<b>9:30 – 10:45 AM</b>
<b>Climate Action: People, Projects, Progress</b> <i>March 18, 25; April 1, 8, 15, 22, 29; May 6</i>	8 weeks	Pg 23
<b>Talkin' Baseball</b> <i>March 18, 25; April 1, 8, 15, 22</i>	First 6 weeks	Pg 25

<b>Tuesday On Zoom</b>		<b>11:05 AM – 12:20 PM</b>
<b>Exploration of August Wilson's Play, Fences</b> <i>March 18, 25; April 1, 8, 15, 22, 29; May 6</i>	8 weeks	Pg 24
<b>Qigong for Back Pain, Arthritis, and More</b> <i>March 18, 25; April 1, 8, 15, 22, 29; May 6</i>	8 weeks	Pg 24
<b>The Faces Behind the Cases</b> <i>March 18, 25; April 1, 8, 15, 22</i>	First 6 weeks	Pg 26

<b>Tuesday On Zoom</b>		<b>1:45 – 3:00 PM</b>
<b>The Italian Renaissance Framed by Northern European Artists</b> <i>March 18, 25; April 1, 8, 15, 22, 29; May 6</i>	8 weeks	Pg 25
<b>Mystical Scandinavia</b> <i>March 18, 25; April 1, 8</i>	First 4 weeks	Pg 26
<b>Poetry for Times of Turmoil</b> <i>April 15, 22, 29; May 6</i>	Last 4 weeks	Pg 26

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## SINGLE SESSION CLASS – ON CAMPUS

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**Wednesday, April 9**

**3:15 – 4:35 PM**

Vassar College Library

*Limit: 20*

### **Victorian Yellowbacks**

*Presenters: Ronald Patkus and Susan Zlotnick*

Vassar English professor Susan Zlotnick will give a presentation, along with students, on the library exhibition "Victorian Yellowbacks." Afterward there will be discussion and then a tour of the exhibition. An exhibition brochure will be available to all participants.

**Ronald Patkus** is Head of Special Collections and College Historian at Vassar College. **Susan Zlotnick** is Professor of English on the Mary Augusta Scott Chair.

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## SINGLE SESSION CLASS – ON ZOOM

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**Wednesday, April 2**

**11:00 AM – 12:30 PM**

### **Harry Hopkins: FDR's Assistant President & Friend**

*Limit: 75*

*Presenters: Linda Bouchey and Al Vinck*

Harry Hopkins was President Franklin Roosevelt's closest ally and trusted adviser. Hopkins, Frances Perkins and Roosevelt established the New Deal throughout the 1930's. During WWII, Hopkins was FDR's closest consultant at the Casablanca, Cairo, Tehran and Yalta conferences. FDR had expected and wanted Hopkins to succeed him, and Churchill described Hopkins as a "most extraordinary man, who played... a decisive part in the whole movement of the war. A natural leader of men with a flaming soul." Such honorific words! Yet Harry Hopkins is basically an unknown historical figure. This presentation on Harry Hopkins will show much is owed to this extraordinary man.

**Linda Bouchey** is a retired Hyde Park social studies teacher. She has been a docent at the FDR Presidential Library and volunteered in their archives. **Al Vinck** organized Youth Against Racism at Val-kill for Dutchess County students. He was the history chairperson for the Hyde Park school district and an adjunct professor at Marist College. Linda and Al co-authored "The Roosevelt Genealogy" for FDR's family sold in the FDR Library Museum shop. Both have been docents for Wilderstein Preservation and Top Cottage. They served on the boards of Roosevelt/Vanderbilt and Wilderstein Preservation and co-chaired the Eleanor and Franklin Roosevelt permanent exhibition for the Hyde Park school district.

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## OFF CAMPUS CLASSES – IN PERSON

ALL CLASSES ARE 4 WEEKS

*Note:* SPECIAL DATES, TIMES, AND LOCATIONS

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### Off Campus – 4 Weeks In Person

11:00 AM – 12:30 PM

April 10, 17, 24; May 1

Multiple Locations

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

*Limit: 25*

*Presenters:* Teresa Quinn and Sue MacLean

This course offers VCLLI members the opportunity to build community and get some exercise while enjoying the beauty of our Hudson Valley. Four walks are planned, each in a different location. All the walks have an educational component and range in length and in difficulty from easy to moderate.

April 10: Dennings Point State Park, Beacon, NY

April 17: Minnewaska State Park Preserve, Kerhonkson, NY

April 24: Ashokan Reservoir Rail Trail, Shokan, NY

May 1: Mohonk Mountain House, New Paltz, NY

**Teresa Quinn** is a retired VC Student Affairs administrator, and whenever she has the opportunity, she is outside enjoying nature. She looks forward to sharing her passion for hiking and being in community with VCLLI members in the beautiful Hudson Valley. **Sue MacLean** is a retired social studies teacher who loves to hike in the Hudson Valley and anywhere possible. She enjoys introducing groups to local history, different locations, and new adventures.

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### Off Campus – 4 Weeks In Person

1:00 – 2:15 PM

April 16, 23, 30; May 7

James Baird State Park

#### **Pickleball 101**

*Limit: 14*

*Presenter:* Vicky Weinblatt

Introduction to pickleball for the new or beginner player. Focus of the course will be on learning basic strokes and the game rules. Participants should be physically active. This course is offered off-site at Baird State Park.

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** is a retired IBM-er who actively took up pickleball and became addicted to the game in 2020. She has enjoyed teaching PB 101 and 102 for VCLLI the past few years. She also enjoys fitness classes, hiking, biking, skiing and traveling.



## FRIDAY ON CAMPUS – EIGHT WEEKS

### Friday On Campus – Eight Weeks

9:30 – 10:45 AM

#### **Encounters with the Wild in Contemporary Poetry**

Limit: 28

Presenter: Judith Saunders

In this class we'll look at poems in which human observers are confronted with representatives of undomesticated nature. Subjects range from bear, giraffe and moose to porcupine, hedgehog, sparrow, snake, earthworm, leech and more. Poets convey the varied responses evoked by these encounters (e.g., wonder, admiration, amazement, disgust, fear) sometimes emphasizing the otherness of non-human nature, sometimes focusing on a sense of kinship. Readings will include works by a wide variety of contemporary poets: Elizabeth Bishop, Billy Collins, Charles Tomlinson, Gwen Head, Thomas Lux, Ted Hughes, Kay Ryan, Maxine Kumin, Matthew Spireng and more.

**Judith Saunders** is Professor of English (Emerita) at Marist College, where she taught courses in literature, composition and creative writing. A specialist in American literature, she has pursued particular interests in contemporary poetry and in interdisciplinary studies (with emphasis on the intersection between literary art and evolutionary biology). Her published commentary includes articles and books on a number of contemporary poets (e.g., Gwendolyn Brooks, Howard Moss, Reg Saner, Elizabeth Bishop, May Swenson, Charles Tomlinson, Billy Collins).

### Friday On Campus – Eight Weeks

9:30 – 10:45 AM

#### **Fiction Writing with Other Writers**

Limit: 10

Presenter: Roberta M Roy

This course is primarily a writer participation and critiquing course with limited presenter lecturing. Each course participant should bring a 9" x 11" spiral notebook and a writing implement to every class. The focus in the sessions will be on how fiction is developed and written. Discussions address character development; contrast between narration and dialogue; use of metaphors, similes, and irony; and story structure. Participants write in class, share with the class and experience the effect of feedback from other writers. Participants typically write outside of class at least forty-five minutes a week.

The course presenter will briefly address the group, after which the writers will read and share feedback. Participants will write in class in response to the writing coach's prompts and suggestions, and thereafter enjoy critiquing from other class participants. The course emphasis is on furthering the writer's own fiction writing style while benefiting from the response of other writers. The importance of others' response to one's writing cannot be overstated. Critiques occur only within the class setting. Writings are not proofed, and sentence, paragraph, and plot are addressed only as relevant to the story development.

Helpful references Follow

### Helpful references:

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's** award-winning works include *Jolt: a rural noir*, *Two Close*, and *Home Again 2020* (gold medalist, Jenkins 2021 International eLit Awards); *Slivers: Poems by Roberta M Roy*, and a memoir, *Life's a Dance*, available on Amazon.com. Roy's film scripts have won thirty awards: *The Morning After the Morning After* awarded Best Feature; *The Seattle*, Filmmaker Awards 2024; *Paris Lady*, MovieMakers Festival 2024 and Tamizhagam Internationals Film Festival 2023. Roy has a B.A. from SUNY-Albany, an M.A. from the University of Nebraska and the graduate program at the University of Michigan. Roy is a New York State licensed speech pathologist who provides teletherapy with G and E Therapies.

## Friday On Campus - Eight Weeks

9:30 - 10:45 AM

### **The Glory of Classical Music**

Limit: 25

Presenter: Andrew Hartman

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

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

## Friday On Campus - Eight Weeks

11:05 AM - 12:20 PM

### **America: Colony to Constitutional Republic**

Limit: 30

Presenter: Tom Walker

Join us as we explore the people, politics and economy of America during its first two centuries. Settlers contested with indigenous inhabitants, and slavery was adopted. A very American focus and fledgling

beginnings at self-governance developed into a movement for independence from Britain. No prior knowledge or outside readings needed; copies of all slide presentations will be available.

A Naval Academy graduate and retired Navy pilot, **Tom Walker** has presented ten history courses at Vassar LLI and Bard LLI.

## Friday On Campus - Eight Weeks

11:05 AM - 12:20 PM

### **Major Battles of the Revolutionary War, Part II**

Limit: 30

Presenter: **Bob Ulrich**

The Revolutionary War moves south, after Britain loses an army at the Battle of Saratoga. The Americans rapidly lose two armies of their own and a new leader, Nathanael Greene, is given command of what is left of the Southern Department. Congress never replaces that lost manpower, so General Greene is forced to devise a new strategy, that of "Compound Warfare", using regular troops as well as making significant use of local militia and their leaders. Meet Francis Marion, nicknamed by the British "The Swamp Fox". The French are now our allies, a huge help in the ultimate American victory. The Marquis de Lafayette, wounded at the Battle of Brandywine, contributed greatly to the success of the Franco-American Alliance and the ultimate end of hostilities at the Siege of Yorktown.

Part I is not a prerequisite for this course.

#### **Recommended reading:**

*Washington's General: Nathanael Greene and the Triumph of the American Revolution*, by Terry Golway

**Bob Ulrich** has been a frequent presenter for LLI and at the other area senior learning programs, as well as a guest lecturer at the Mohonk Mountain House and several senior living communities in our area. His focus is on early American history, starting with how the Dutch, not the British, founded America's roots. He has now expanded his focus to a full understanding of the background causes of the Revolutionary War and how and why it was fought. His favorite phrase for LLI is simply -- "Don't worry, it won't be on the final!"

## Friday On Campus - Eight Weeks

3:20 - 4:35 PM

### **Authoritarianism and the Arts**

Limit: 30

Presenter: **Chuck Mishaan**

This course will examine how the literary, visual and performing arts have functioned in authoritarian societies, the role they play in supporting or opposing those societies, and some of the consequences of dissident artistic expression. The course will discuss specific artistic works and present video excerpts of relevant performances and analyses. As appropriate, content may be updated in light of ongoing current events.

**Chuck Mishan** 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 other area LLIs.

## Friday On Campus - Eight Weeks

**3:20 - 4:35 PM**

### **Life Stories**

*Limit: 12*

*Presenter: Susan Merson*

In this eight-week course we will gather to map and note those moments in our lives that have told our own life story. Through prompts and exercises, we will find the experiences, people, shifts and shadows that make our lives whole, write about them and read them aloud, creating a journal of experience to share or keep secret, a journal that both witnesses and affirms the journey we have taken. No homework unless you want it, a sense of humor, and no experience required. We'll explore some prompts from Annie Lamott, Natalie Goldberg, Dena Metzger and me. And cheer each other on.

**Susan Merson** is the founder of the Los Angeles Writers Bloc, a safe haven peer writers group since the 1980's. Starting as an actor/playwright, she has taught internationally and currently supports individual clients with fiction, memoir and media projects. She has written three novels, one non-fiction book and several short stories in anthologies. Her current work includes Tarot, energy healing and mediumship. She considers all her work to be an interdimensional pathway from and to the heart.

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## FRIDAY ON CAMPUS – FIRST SIX WEEKS

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## Friday On Campus – First Six Weeks

**9:30 - 10:45 AM**

### **Current Concepts in Medicine**

*Limit: 30*

*Presenter: Michael Weinstock*

This series of lectures will provide an overview of current research, diagnostics and treatment modalities of multiple diseases that affect the general population. There will be an emphasis on aging, cancer and cardiac disability. The course provides a look into what the future holds in medicine. Dr. Weinstock likes to think of it as a "Mini Medical School" for the layman. Participants will have time to ask questions pertaining to the topic being presented. There will be no discussion of individual medical issues.

**Dr. Michael Weinstock** has lectured both nationally and internationally and is the author of several textbook chapters and peer-reviewed articles. He holds a BS from American University and a Doctor of Medicine from the Chicago Medical School. Besides his passion for medicine, he devotes his down time to golf and aviation, holding a commercial pilots license with several ratings. Dr. Weinstock is Chair Emeritus, Department of Emergency Medicine, Lehigh Valley Health Network and Professor of Clinical Emergency Medicine, Penn State University, College of Medicine (retired).

**My Escape**

Limit: 30

Presenter: Esther Odescalchi

This course recounts the challenges of growing up under Communism and the dramatic escape of a teenage freedom fighter from communist Hungary during the Revolution of 1956. On the climactic night, the escape was against all odds: local guides were no longer willing to risk their lives leading escapees across the border; the train back to Budapest was blown up; all non-local residents were detained; during the night, village homes were searched for potential escapees; five dead bodies were brought in from the border; and Radio Free Europe bemoaned: "Hardly any Hungarian refugees succeeded last night."

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

**Springsteen: His Passions, Patriotism & Politics**

Limit: 30

Presenter: Skip Weisman

Forty-one years after his epic 12-song *Born in the USA* album turned Bruce Springsteen into a rock-and-roll megastar, it is a perfect time to explore how it became the catalyst unwillingly catapulting him into America's political discourse. Over six sessions participants will review and discuss Springsteen's journey from awkward teen to the most dynamic live performer of his generation, and how his words, music and performances project to fans and detractors alike a view of America's promise that continually strives to fulfill its reality. Participants will also explore how his journey's similarity to his fans' is what keeps them coming back after 53 years.

**Note:** This course was previously offered last semester, Fall 2024. This semester's class adds two weeks more of additional material.

**Required viewing:**

Bruce Springsteen & E Street Band 2009 Super Bowl Halftime Show (13-minute video)

<https://www.youtube.com/watch?v=i4-OnbHFi4o>

**Suggested Reading:** Below is a list of source material and a bibliography. None of these are required reading for the course. Important excerpts will be provided in advance if helpful to prepare for a subsequent class. Other articles and videos will be suggested throughout the term when appropriate.

*Born to Run* by Bruce Springsteen  
*Glory Days* by Dave Marsh  
*Bruce* by Peter Ames Carlin  
*Ain't No Sin to Be Glad You're Alive* by Eric Alterman  
*Springsteen on Broadway* (NetFlix)

**Skip Weisman** grew up a thirty-minute drive north on “Highway 9” from Springsteen's Freehold, NJ hometown. A friend introduced Skip to Bruce's *Born To Run* album at lunch in the high school cafeteria in October 1976. Forty-nine years later Skip has attended 106 live Springsteen performances, with and without the E Street Band, in 10 countries across two continents. Skip moved to Dutchess County in 1994, bringing the Hudson Valley Renegades professional baseball team. He served as team president/CEO for eight seasons. From 2002-2023 Skip was a business coach, professional keynote speaker and workshop presenter, specializing in leadership and workplace communication.

## Friday On Campus – First Six Weeks

11:05 AM - 12:20 PM

### Argentinian Cinema

Limit: 30

Presenter: Mihai Grunfeld

Argentinian cinema is one of the major film industries in Latin America, along with Brazil and Mexico. The military dictatorship of 1976-1983 that was responsible for the “disappearance” of over 30,000 people deeply affected this industry, which, for at least a couple of decades, dealt with understanding the historical trauma the nation had undergone. In the 1990s a new cinema developed, searching to reimagine the past and the future in different directions. In this course we are going to view six films, often dealing with reimagining the nation and its larger Latin American context. Class will be conducted in English.

We will view the following six movies in original Spanish with English subtitles:

*Camila* (1984) by María Luisa Bemberg  
*The Official Story (La historia oficial)* (1985) by Luis Puenzo  
*Nine Queens (Nueve reinas)* (2000) by Fabián Bielinsky  
*The Secret in your Eyes (El secreto de sus ojos)* (2009) by Juan José Campanella  
*Lost Embrace (El abrazo partido)* (2004) by Daniel Burman  
*Wild Tales (Relatos salvajes)* (2014) by Damián Szifron

**Mihai Grunfeld** taught Spanish and Latin American Culture and Literature for 33 years as a full-time faculty member at Vassar College, until he retired in 2020. He has travelled and lived extensively in Spain and Mexico and has visited many countries in Latin America.

**Artificial Intelligence: Yesterday, Today and Tomorrow** *Limit: 20**Presenter: Jean-Claude Fouere*

In reviewing the most common AI applications, we'll examine AI development history over the last 80 years and describe AI's main approaches/models (rules-based systems, machine learning, Deep-Neural-Network, Conditional Probability.) We'll consider copyright infringement, generated bias and the rush to secure the large data sets required for training Deep-Neural-Network models. We will discuss how AI applications can provide benefits or be detrimental on both a personal and a societal level (e.g. job restructuring; fake news), and how these applications need wise regulations. We will have a look at the future of AI and the prospect of more advanced artificial general intelligence. We'll consider the most-common applications: ChatGPT; Dall-2/3; Image/face recognition; self-driving cars; warehousing and manufacturing robots; personal assistants/companions; purchases, books and movie recommendations.

Some of the questions to be raised in the class include: How does Deep-Neural-Network compare with the human brain? How original, accurate and bias-free are ChatGPT outputs? How do we differentiate ourselves from our "silicon" counterparts? Could AI develop consciousness? Artificial General Intelligence—where is it leading us?

**Recommended Materials:**

*Machines that Think* – Toby Walsh (2018)

*A Brief History of Artificial Intelligence – What It Is, Where We Are and Where We Are Going* - Michael Wooldridge (2020)

*Artificial Intelligence – A Guide for Thinking Humans* – Melanie Mitchell (2019)

*The Age of AI and Our Human Future* - Henry Kissinger, Eric Schmidt, Daniel Huttenlocher (2021)

**Jean-Claude Fouere** holds advanced degrees in Physics Engineering (I.N.S.A. Lyon, France) and Optical Systems Design (U. of Rochester, NY). He has 20 years experience as an engineer/engineering manager (astronomical, instrumentation, laser printers, optical recording, photolithography) and 20 years in development/marketing/sales of equipment used in manufacturing of semiconductor chips. He is an adjunct professor of International Marketing at Marist College and has served on the boards of several not-for-profit organizations (Adirondack Mountain Club; Light Up the World). He is currently a volunteer at Dutchess Outreach, an active member of the Mid-Hudson Valley World Affairs Council and a mentor at SCORE (Senior Corps of Retired Executives). With his wife Georgette, he enjoys outdoor activities throughout the seasons (hiking, x-country skiing, snowshoeing, canoeing, kayaking, swimming).

## **Communism and Its Influence on Frida Kahlo and Diego Rivera**

Limit: 30

Presenter: Alexandra Baer

The love story of Frida Kahlo and Diego Rivera is fraught with drama. As prominent artists of the 20th century, they held revolutionary ideas and united in an explosive, passionate relationship mirrored in the turbulence going on around them and set against the backdrop of a country reshaping its identity, a World War and political upheaval. Passionate about the reconstruction of the country's identity after the Mexican Revolution, they met in 1928 through the Mexican Communist Party. We will look at how communism influenced their lives, their lovers and their work in Mexico, the US and Europe.

**Alexandra Baer** is an artist and art history major living in New Paltz. She is of Mexican/German origin, much like Frida Kahlo. In the summers, she studied in Mexico City at the same art academy at which Diego Rivera and Frida Kahlo had studied decades earlier, the Academia San Carlos. Her knowledge of Mexican art and its history comes from her interest in the lives of artists who were influenced by both communism and socialism in the early half of the 20th century.

## **A Wine Tasting Tour of France**

Limit: 15

Presenter: Arnie Serotsky

This class will cover the six major wine regions of France - Champagne, Alsace, the Loire Valley, Burgundy, the Rhone Valley and Bordeaux. Each class will include a presentation on the region, its wines, its wine grapes, its wine history and its terroir, followed by a tasting of at least two exemplary wines from the region. Attendees will need to bring two wine glasses to each class and reimburse the presenter for the wines - approximately \$30 for the six classes. The amount available for consumption for each class will be "a taste"; i.e., a total of three ounces.

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



## FRIDAY ON CAMPUS – FIRST FOUR WEEKS

### Friday On Campus – First Four Weeks

9:30 - 10:45 AM

#### **Gentle and Accessible Mat Yoga**

*Limit: 15*

*Presenter: Dana Lucas*

During this course we will learn and practice various seated, reclined 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 as often as needed. Please wear comfortable, loose clothing that allows for movement. Participants must be able to get up and down from the floor. We will work on building strength and flexibility and on improving our balance. Yoga helps to decrease stress and improve sleep, while increasing mobility, circulation and concentration. No experience is necessary.

A limited supply of yoga blocks will be provided. Please bring your own if you have them. A yoga mat is required. They can be purchased at many places, including T.J. Maxx and HomeGoods. Also, if you have sensitive knees, please bring a cushion or pad.

**Dana Lucas** has been teaching yoga since 2007. She 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.

### Friday On Campus – First Four Weeks

11:05 AM - 12:20 PM

#### **The Changing Image of Women in Art**

*Limit: 30*

*Presenter: Marilyn Price*

This slide, lecture and discussion series will touch on the changing image of women in some aspects of Western and Eastern Art throughout history. We will see and discuss art from the earliest times to the present in both sculpture and painting.

**Marilyn Price** is a painter, potter and teacher. She grew up in Manhattan, studying art in high school and at The Art Students League. She did undergraduate studies in art at Cooper Union and graduate studies in both painting and art history at N.Y.U. and Columbia University. Marilyn chaired the Art Department at Columbia Preparatory School for 29 years. She retired from that school in the mid 1990s, when she and her husband moved to the Hudson Valley. Here she continues to work in both painting and clay art and teaches at both Vassar LLI and Marist CLS.

**A Gift of Elder Adulthood**

Limit: 15

Presenter: Jean Flannelly

Elder Adulthood (75+ years) is often viewed exclusively through the lens of diminishment, both physical and mental, but this lens doesn't tell the whole story. More disposable free time and the awareness of "more yesterdays than tomorrows" most often encourage an inner journey where the focus is on crucial psychological and spiritual tasks. Before exploring this journey, the course will examine the issue of psychological identity, a reality far deeper than self-concept.

This course is a combination of class lecture and discussion. The course content is shaped by the findings of psychology, especially psychodynamic and developmental. The limited class lectures will highlight the findings of developmental psychology, notably, that of Erik Erikson. Adult learners bring a richness and wisdom to any new learning situation. This will be incorporated through discussion of readings. The course intends to provide some language and concepts that could enable learners to make sense of the pulls and pushes of later adulthood.

**Jean Flannelly**, a Sister of Charity of New York, is a clinical psychologist with a Ph.D. from Fordham University; a theologian, holding a Masters of Theological Studies from Weston School of Theology; and a spiritual director. She received a certificate from the non-denominational Hesychia School of Spiritual Direction in Tucson. Most of her wide-ranging training was spent in academic settings, preparing women and men for ministry, both lay and ordained. During this time, she became more sensitive to the need to separate the psychological and the spiritual; however, though their dynamics differ, their separation can never be complete.

**Ukraine: What Is It Known For? (Part II)**

Limit: 25

Presenter: Gala Leganof

This introductory course aims not only to provide a basic knowledge of Ukraine, its history and geographic significance, but also to teach about Ukrainian traditions and Ukrainian visual arts. The Ukrainian cultural heritage includes folk art, Byzantine art, Gothic art, contemporary art and many other artistic expressions. This class will not discuss any subjects dealing with the current war.

**Gala Leganof** received a B.A. degree cum laude in International Politics and was a winner of the Marist Baccalaureate Award in Political Science. In 1999, she was inducted into Pi Sigma Alpha, the National Political Science Honor Society. She received an M.A. from McGill University. McGill-Queen's Press published her book, *How to Understand American Democracy in the Concept of Empirical and Normative Evolutions*. In 2015 she completed studies at Columbia University about the United Nations and lectured on the subject "Ukraine v. Russia: the Annexation of Crimea."

## Friday On Campus – First Four Weeks

11:05 AM - 12:20 PM

### **The WPA of the 1930s**

Limit: 30

Presenter: Sandra Opdycke

The WPA, Works Progress Administration (1935-1943), was the most ambitious jobs program in our country's history. Besides putting millions of unemployed Americans to work on construction projects, it provided jobs for seamstresses, teachers, painters, musicians, actors, writers, clerks, nurses and archaeologists. This course explores what the WPA achieved, what it meant to the people involved and what we can learn from it today.

**Sandra Opdycke, Ph.D.**, has published books about the women's suffrage movement, the flu epidemic of 1918, the WPA of the 1930s, Bellevue Hospital and Jane Addams, and has 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 now teaches frequently at the Marist Center for Lifetime Studies and the Vassar Lifelong Learning Institute.

## Friday On Campus – First Four Weeks

1:45 - 3:00 PM

### **Family Folklore**

Limit: 20

Presenter: Elinor Levy

During this four-week course, participants will create the foundation for starting a family folklore collection. They will learn how to conduct and record interviews, research information on free or easily accessible sites, create a migration map, preserve artifacts and ask questions related to family health through story collecting. There will be weekly assignments (not graded, of course) to share with the class for ideas and advice.

**Elinor Levy** joined Arts-Mid Hudson in September 2016 as the Folk Arts Program manager. A native of Oakland, California, she has bounced around the country from California to Indiana, Georgia, Nevada, New Jersey, Pennsylvania and now New York. Previously, she served as director of the Northwest Jersey Folklife Project. She has a master's degree in anthropology from California State University, Sacramento, and a doctorate in folklore from Indiana University, Bloomington. As a third-generation knitter on her mother's side, she is a folk artist in her own right.

## Friday On Campus – First Four Weeks

3:20 - 4:35 PM

### **Felting Fun for Beginners and Intermediates**

Limit: 12

Presenter: Amanda Buhler

Join our fun felting course designed for beginner to intermediate crafters! In this hands-on workshop you'll learn the basics of needle felting while creating adorable creatures and other delightful objects. Step-by-step instruction will guide you through the process, from shaping wool to adding intricate details. With plenty of room for personal creativity, you'll leave with unique, handmade pieces and the skills to explore this rewarding craft. Let your imagination take form with felt! This course offers a relaxed and supportive

environment to experiment, play and develop your own creations. Participants will reimburse the instructor \$15 at the first class for the cost of materials.

**Amanda Buhler** is a passionate art educator with over two decades of experience teaching and inspiring students. She is dedicated to fostering artistic growth in students of all ages and is currently an art educator in the Arlington school district. Amanda's expertise spans a range of media: drawing, painting, collage, sculpture, printmaking, needle felting and glass-working. Amanda holds a Master's in Art Education, is nationally board certified and is known for her supportive and encouraging teaching style, creating an environment where students feel empowered to experiment, explore and express themselves through art.

## Friday On Campus – First Four Weeks

**3:20 - 4:35 PM**

### **The History of American Jazz: 1945-1985**

*Limit: 35*

*Presenter: Brian Mann*

This course examines the origins and the earliest recordings of bebop, a brash new style that developed during the Second World War. In the following decades, a series of reactions and counter-reactions led to cool jazz, hard bop, free jazz, fusion and much more. The innovations of Charlie Parker, Dizzy Gillespie, Miles Davis, Horace Silver, Dave Brubeck, Ornette Coleman, John Coltrane, Bill Evans and many more will be considered.

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

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## FRIDAY ON CAMPUS – LAST FOUR WEEKS

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## Friday On Campus – Last Four Weeks

**11:05 AM - 12:20 PM**

### **Listening to the Enemy: An Art Project**

*Limit: 30*

*Presenter: Madeleine Segall-Marx*

Sculptor/painter Madeleine Segall-Marx will present background and anecdotes of her ten year art project (2002-2013) which offers up the idea that if we listen to the "enemy's" story, perhaps we would be less inclined to kill him. She collected 25 personal stories from people caught in war around the globe, and with each she created a visual artwork that represents that story-teller's voice. There will be three classroom discussions, and the fourth and final class will be a trip to the project, which is permanently installed in a beautiful barn on her property in Hyde Park. The project consists of three elements: 25 large wall works or sculptures, 25 stories, and 25 references to food in the form of recipes—one from the culture of each storyteller. The artist will explain why food becomes a thread between the works. She presented a lecture on

the project at the UN Commission on the Status of Women some years back, under the auspices of the Women's Caucus for Art.

A former instructor of figurative sculpture, **Madeleine Segall-Marx** has won over fifty awards for her work, including the 2006 Dutchess County Executive Award to an Individual Artist and the Catharine Lorillard Wolfe Art Club's first Artist Laureate Award. She was president of the National Association of Women Artists and developed programs for its members that involved social justice issues. Her journey in the Listening to the Enemy Project led her to involvement with helping Iraqi refugees and with the Tharu population of Nepal, which have become lifelong connections. She loves form, color and social justice, as well as salsa, tango and swing.

## Friday On Campus – Last Four Weeks

11:05 AM - 12:20 PM

### **Making Art with Color**

Limit: 16

Presenter: Marilyn Price

This is a hands-on course, working with colored papers and chalk pastels. Participants will be encouraged to work from both imagination and observation to explore and develop their skill working with color. Specific projects will be suggested to further enhance the study of color usage in making art. Each student will receive individual guidance as needed. No art background is necessary to participate in this course.

**Required course materials:** Glue stick, pencil, scissors, set of chalk pastels (not oil pastels) which contain primary and secondary colors: red, yellow, blue, green, orange, purple, black, white. Amazon has such sets.

**Marilyn Price** is a painter, potter and teacher. She grew up in Manhattan, studying art in high school and at the Art Students League. She did undergraduate studies in art at Cooper Union, and graduate work at N.Y.U. and Columbia University. She chaired the art department at Columbia Preparatory School for 29 years. After retiring in 1990, she and her husband moved to the Hudson Valley. Here, she continues working in both painting and clay art, and teaching at Vassar LLI and Marist CLS.

## Friday On Campus – Last Four Weeks

11:05 AM - 12:20 PM

### **History's Uncharted Stories of the Hudson Valley**

Limit: 30

Presenter: Alex Prizgintas

From its role in the American Revolution to the 1960s Cultural Revolution, New York's Hudson Valley has been pivotal in American history. While many of these stories are important, only some have been carefully preserved, shared and passed down through generations to maintain their present-day relevance. Some stories are far more neglected, and only through the remains of distinct, tangible artifacts can the past be revealed. To research forlorn facts to uncover the hearts and hands that shaped what many call home, join historian Alex Prizgintas for a four-part lecture series about neglected history in the Hudson Valley. Beginning with the eighteenth-century Gomez Mill House of Marlboro, NY, Prizgintas reveals the home's significance as the nation's oldest Jewish dwelling. From here, a journey west takes us to the Ellenville Glass Works, an industry that, despite once boasting more than 700 employees, has vanished. This nineteenth-century industrial expansion was also a point at which dairy farming blossomed in regions such as Orange County,

where the first long-distance shipment of milk in the nation occurred in 1842. The final chapter concludes with what many of us remember as the hotels and bungalow colonies that populated the Catskill Mountains.

A historian, musician and lecturer who focuses on the neglected history of the Catskills and Hudson Valley region, **Alex Prizgintas** serves as president of the Woodbury Historical Society in Orange County, NY and has been published in the *Hudson River Valley Review*, *Orange County Historical Society Journal*, and the *New York Archives Magazine*. He holds degrees in history and a Master's in Public Administration from Marist College and has more than ten years of experience as a musician and lecturer across New York and New Jersey.

## Friday On Campus – Last Four Weeks

1:45 - 3:00 PM

### **America in Depression and War**

Limit: 25

Presenter: Miriam Cohen

Between 1929 and 1945 Americans coped with the crises of a major economic depression and a world war. How did Americans from different backgrounds experience these events? How did experiences vary by class, race and gender? The course explores the everyday life of Americans at the time, as well as the important political and social transformations, and some continuities, that marked the period. This is a four-week class that combines lecture and discussion. The readings will be documents of the era, contained in the book *The Age of Roosevelt*, which students will be expected to purchase. The readings are considered mandatory.

**Miriam Cohen**, Evalyn Clark Professor Emerita of History at Vassar College, specializes in 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.

## Friday On Campus – Last Four Weeks

1:45 - 3:00 PM

### **AI Workshop: Using AI to Master Your To-Do List**

Limit: 30

Presenter: Beth Hayes

Master practical AI tools to simplify your daily tasks in this hands-on workshop. Learn to use free AI assistants like Chat GPT, Microsoft Copilot, Claude and Google Gemini to simplify items on your to do list, like meal prep, travel planning, research and more. Working in pairs with your own devices, you'll practice creating effective prompts and choosing the right AI tool for different tasks. Classes combine instructor demonstrations with guided practice and group discussion. No prior AI knowledge is required. Bring your phone and Wi-Fi enabled laptop or tablet to class.

**Beth Hayes** is an electrical engineer whose career focused on problem solving using emerging technology. She has worked in a number of industries and positions, from automotive assembly line design to ecology research tech support to large scale systems installation and optimization. She ended her career as a management consultant at Deloitte after serving as the Deputy Chief Information Officer of Vassar College.

## Friday On Campus – Last Four Weeks

3:20 - 4:35 PM

### Science Sampler

Limit: 30

Presenter/Organizer: David Bloom

The Science Sampler has been offered every spring semester since the beginning of the Vassar LLI. Each week a different member of the science faculty offers a lecture on a topic of their choice. This spring the course will be a four-week course offered in the second part of the semester.

**April 11:** Jeff Walker (Geology) - "Geological History of the Hudson Valley in Three Hyde Park Hikes"

**April 25:** Fred Chromey (Astronomy) - "Are New Telescopes Revealing a New Universe?"

**May 2:** Hayley Affronti (Biology) - "What is Cancer?"

**May 9:** Joseph Tanski and Rebecca Pollet (Chemistry) - A visit and tour of the Professors' laboratories in the Bridge for Laboratory Science Building.

**David Bloom** is a founding member of the Vassar LLI, interested in creating community and providing learning opportunities for our members. The Science Sampler has been a pleasure to organize and to attend over the past seven years.

## TUESDAY ZOOM CLASSES

### Tuesday On Zoom – Eight Weeks

9:30 - 10:45 AM

### Climate Action: People, Projects, Progress

Limit: 40

Presenter: Melissa Everett

This course is a dynamic exploration of what's being done to slow and eventually reverse climate change in the Hudson Valley. Using the HV Regional Climate Action Road Map and Tool Kit as a platform, participants will gain a detailed strategic understanding of the work to be done by everyone, from utilities and recycling agencies to businesses, farms and local governments. Despite uncertainty about federal policy, a vibrant movement is at work installing solar arrays and agrivoltaic projects, retrofitting buildings, demonstrating district scale geothermal, sequestering carbon in soils and so much more. Learn the big picture and do a local investigation.

**Materials:** Hudson Valley Climate Action Road Map and Tool Kit: <https://www.hvclimateroadmap.org>

**Melissa Everett, Ph.D.** is Executive Director of Sustainable Hudson Valley, a regional organization whose mission is to speed up, scale up, jazz up and leverage progress against climate change, creating communities where people and nature thrive. A social change strategist, journalist, author and career counselor, Melissa is author of three books and

many articles. She spearheaded the creation of a Regional Climate Action Road Map and Tool Kit to help establish a common vision and on-the-ground strategies for turning the corner in dealing with climate change.

## Tuesday On Zoom – Eight Weeks

11:05 AM - 12:20 PM

### **Exploration of August Wilson's Play, *Fences***

Limit: 20

Presenter: Jacqueline Goffe-McNish

The textbook for this session is *Fences* by August Wilson. We will watch the movie in the first two sessions; then we will analyze the text, paying close attention to the specific elements of African American literature. Wilson's play addresses the role of Black men in American society and the many barriers, real and imagined, to their upward mobility. The relationship between fathers and sons, the exclusion of Black men from sports in the early history of America and the impact of the prison system on the life of the Black man are the surface issues immediately seen in the play.

**Required materials:** *Fences* by August Wilson

**Dr. Jacqueline Goffe-McNish** was a professor of English and Humanities at Dutchess Community College for thirty-two years. She completed a doctorate in education at St. John Fisher University. Her dissertation research topic was "The Retention of Faculty of Color at Community Colleges." She has written two textbooks: *Composition in Fifteen Weeks* and *Analysis, Approaches and Appeals in Introductory Literature*. She was awarded the SUNY Chancellor Award for Excellence in Teaching. She is the superintendent of Sunday school at Bethel Missionary Baptist Church and teaches the adult Sunday school class.

## Tuesday On Zoom – Eight Weeks

11:05 AM - 12:20 PM

### **Qigong for Back Pain, Arthritis, and More**

Limit: 100

Presenter: John Platt

This semester's Qigong class addresses common concerns: back pain, arthritis, insomnia, digestive issues and weakened immunity. As we move up in age, so many of us run into common concerns that can be very troublesome. By simply using breath, movement and attention, Qigong can bring relief from back pain, arthritis, insomnia, digestive issues, weak immunity and other issues, often without side effects or risky procedures. The Qigong techniques in this class are easy to learn and enjoyable to practice. When performed along with a healthy lifestyle, these Qigong exercises help to bring positive effects that are often life changing.

**Materials:** *The Five Element Orchard* by John and Mary Platt (Not required)

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



**The Italian Renaissance Framed by Northern European Artists***Limit: 30**Presenter: John McGiff*

We will look at the painting, sculpture and architecture of the Italian Renaissance, 1300 – 1575, and frame the artists' accomplishments and character by comparing their artistic values and influences with those of Northern European artists of roughly similar periods. How did the Limbourg Brothers from Burgundy, France (1400) and their illuminated book of hours compare to Giotto and the frescoes of the Scrovegni Chapel? How did the scientific and artistic curiosity of Leonardo compare with similar empirical appetites in the German Albrecht Durer? A few days before every class, we will provide class materials in the form of YouTube videos to prepare for the week's subject of study.

**John McGiff** has been a painter and a teacher for over forty years and has exhibited work in many different venues across the Mid-Atlantic. He recently relocated to the Hudson River Valley from Delaware, where he was chair of the arts department at an independent boarding school. John is currently developing a series of paintings reinterpreting classic Greek mythological tales. His reimagining of the Icarus story is travelling to three separate galleries this year, including the Lake George Arts Project. He is currently completing a five-painting series based on the myth of Persephone and Hades.

**Talkin' Baseball***Limit: 30**Presenter: Arnie Serotsky*

By way of PowerPoint presentations and discussions, a variety of VCLLI's baseball fans' topics of interest will be covered. Examples might include: Who was on the 1960s – 1980s and 1990s - 2000s All Star baseball teams; the evolution of baseball statistics; MLB rules changes and their impact on the game; who are the best players in today's game, etc.

**Arnie Serotsky** has been a student of baseball and a devout Brooklyn Dodger/New York Mets fan for seventy years. He has taught classes on baseball-related topics for both the Vassar LLI and the Marist CLS, has traveled all over the country to watch baseball and seriously participates in fantasy baseball! A 20+ year supporting member of the Baseball Hall of Fame in Cooperstown, a member of the Society for American Baseball Research and a memorabilia donor to both the NYS Baseball Hall of Fame and the Jackie Robinson Foundation, Arnie loves the history and intricacies of the game.

## Tuesday On Zoom – First Six Weeks

11:05 AM - 12:20 PM

### **The Faces Behind the Cases**

Limit: 50

Presenter: Mickey Steiman

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

**Note:** This course was previously offered in Fall 2021.

**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, U.S. Dept. of Justice, Washington, D.C. and has been an adjunct professor at Marist College.

## Tuesday On Zoom – First Four Weeks

1:45 - 3:00 PM

### **Mystical Scandinavia**

Limit: 100

Presenter: Nathan Rosenblum

An exciting exploration of the spiritual history of Scandinavia from ancient times to modern day. We shall examine the religion and customs of the Norse, Mysticism, and Esoteric Movements of the region and their significance. Film clips and literature will demonstrate these ideas to the class. Ultimately, we shall discover the great importance of this region to our world.

**Dr. Nathan Rosenblum** is an ordained interfaith minister, author, lecturer and student of Mysticism and the Esoteric. He shows how these ideas influence many areas of the arts, culture, and history. The goal of his work is to demonstrate the interconnectedness of knowledge and its spiritual significance.

## Tuesday On Zoom – Last Four Weeks

1:45 - 3:00 PM

### **Poetry for Times of Turmoil**

Limit: 20

Presenter: Marcy Heidish Dolan

"In a dark time, the eye begins to see," wrote Theodore Roethke, a poet who reminds us that trying times need not blind us. We can trust poetry, like music, to accompany us as we seek calm, comprehension and courage. We are reassured by eloquent and accessible poets who help "the eye begin to see." In this course we will share the views of Mary Oliver, Louise Gluck, Stanley Kunitz, Robert Frost and many others who refuse to

deny the world's turbulence; instead, they recognize it, illuminate it and confront it as we, too, make our way toward hope. Individual weekly handouts will be provided by the instructor.

**Marcy Heidish-Dolan** is a cum laude Vassar College alumna. She has taught at Georgetown, Fordham and George Washington Universities. Marcy also is an award-winning, published author of eighteen books, fiction, non-fiction and poetry. She and her husband are longtime residents of Washington, D.C.

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## LUNCH, Then LEARN

### FRIDAY – SINGLE SESSION CLASSES – ON CAMPUS

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

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#### Friday In Person – Lunch, Then Learn

12:30 - 1:30 PM

Friday, March 28

#### **Citizens Preparedness**

*Limit: 30*

*Presenters: Mitchell Shron and Jim Soto*

This course is designed to give participants an understanding of the tools and resources they need to better prepare for a variety of emergency situations. Members of the Medical Reserve Corps of Dutchess County will share critical information on how to learn about current conditions and possible emergency situations and how to plan for events such as power outages, floods, etc., including how to create emergency kits for the home and car.

**Mitchell Shron** is a community educator, volunteering with the Medical Reserve Corps and as an EMT with the Roosevelt Fire District. Mitchell also works with Nuvance, teaching CPR, First Aid, Stop the Bleed, Wilderness First Aid, Crisis Intervention and Active Violence Emergency Response Training. Mitchell is also a retired educator, having worked for many years as the Principal of the Dutchess County BOCES Career and Technical Education Center.

**Jim Soto** has been a Medical Reserve Corps (MRC) volunteer since 2015. He was one of several leaders of the MRC vaccination pods during the COVID Pandemic, assisting volunteers in providing thousands of vaccines for county residents and employees. For over 40 years he worked in emergency planning, preparedness, management, and response and recovery with several Federal, State and local response agencies prior to his recent retirement. Jim and his wife have lived in Dutchess County since 1978.

## Friday In Person – Lunch, Then Learn

12:30 - 1:30 PM

Friday, April 4

### **AI in Photography**

Limit: 30

Presenter: Les Muldorf

AI is now prominent in photo processing and is changing almost on a daily basis. What was new today will be old tomorrow. This course will show how AI can change the way you process your photos and exactly how to process them using the latest AI. We will be using Lightroom and Photoshop for this course.

**Les Muldorf** was a practicing dentist for 50 years and involved with photography for over 60 years. Les has gone from film to digital for over 25 years and has been using Photoshop since version 2. We are now in version 25+. Les has exhibited in the Boardman Road and the Fishkill libraries as well as in other local venues. Les does his own printing and post-processing.

## Friday In Person – Lunch, Then Learn

12:30 - 1:30 PM

Friday, April 11

### **True Crimes of the Hudson Valley: A Fictional View**

Limit: 30

Presenter: Jodé Millman

Our idyllic Hudson Valley is beautiful on the outside, but beneath the surface lurks the darkness of notorious true crimes. In this class, local author Jode Millman will explore the headline-making crimes that inspired her award-winning mystery series, and how fiction can be deadlier than true crime. You may be surprised to learn that a murderer lived next door! A more precise title of this course could be "*True Crimes of the Hudson Valley: Fiction is Deadlier than True Crime!*"

**Jodé Millman** is the multi-award-winning author of "The Empty Kayak," "Hooker Avenue" and "The Midnight Call," the first three installments in her true-crime inspired *Queen City Crimes* series. The books and series have won The Clue Award, Independent Publisher Award, Independent Press Award and American Fiction Award, and Jode has been a finalist for a Silver Falchion and a Daphne Du Maurier Award for Excellence in Mystery/Suspense. She's an IP attorney, a reviewer for Booktrib.com, the host/producer of The Backstage with the Bardavon podcast and creator of The Writer's Law School.

## Friday In Person – Lunch, Then Learn

12:30 - 1:30 PM

Friday, April 25

### **Rowing on the Trireme Olympias**

*Limit: 30*

*Presenter: Anita Kiewra*

This will be a slide lecture and discussion of Anita's experience as a thalamian rower and aulos player on the Trireme Olympias, the only successful reconstruction of an ancient Greek trireme. The trials she participated in were held in 1988 in Poros, Greece.

**Anita Fina Kiewra** started rowing in 1987 in Saratoga Springs, NY. She learned of the Trireme Trials from a magazine article and was able to contact the organizers. After submitting her credentials, she was accepted for the 1988 trials in Poros, Greece. Kiewra has been coaching with the Mid-Hudson Rowing Association since she co-founded that community program, and she has held Level 1 coaching certification since 1988. She works in community development with Hudson River Housing out of the Community Printmaking Studio at the Poughkeepsie Underwear Factory. Remember that rowing is a lifetime sport! See you on the water.

## Friday In Person – Lunch, Then Learn

12:30 - 1:30 PM

Friday, May 2

### **Stop the Bleed**

*Limit: 30*

*Presenter: Lynn K. Rightmyer, RN*

Uncontrolled bleeding is the number one cause of preventable death from trauma. Members of the Medical Reserve Corps of Dutchess County will teach participants various ways to control bleeding, whether you only have two hands to use or have a full trauma first aid kit available. This program includes a hands on portion, allowing participants to practice wound compressions and the appropriate use of a tourniquet.

**Lynn K. Rightmyer** is a retired registered nurse and has vast experience as an EMT. For several years she was in charge of a small community emergency room. Lynne teaches CPR and Stop the Bleed classes across the county. Additionally, she is an amateur radio operator and instructor. She has been with the Medical Reserve Corps for many years and enjoys working with a wonderful group of volunteers.

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