

MARIST
Center for Lifetime Study



Spring 2022
Course Catalog
& Schedule



The following CLS volunteers are responsible for the Spring 2022 curricular programming
Leonard Turkenkopf, Vice President for Curriculum

Arts & Literature (AL)

Mary Coiteux (<i>Chair</i>)	Beth Kennedy (<i>Co-Chair</i>)
Lydia Bauman	Linda Rappaport
Judith Elkin	Wilma Schmidt
Kathy Friedman	Sally Taylor
Barbara Horgan	Bob Vivona
Michelle Keeley	Audrey Walker
Valerie Low	Ruth Wally
Barbara Mindel	Fred Wolinsky
Sue Osterhoudt	Sherry Yanow

General Science (GS)

Stan Schmidt (<i>Chair</i>)	Warren Buhler (<i>Co-Chair</i>)
Ira Auerback	Les Muldorf
Jill Auerbach	Bob Nasser
Joe Bettencourt	Rolf Nijhuis
Jack Fein	Christopher Parks
Ed Garber	Frank Rubin
Ruth Kava	Len Turkenkopf
Leathem Mehaffey	Bill Walsh

Life & Leisure Studies (LLS)

John Gavin (<i>Chair</i>)	Esther Odescalchi
Karen Blonder	Betty Olson
Grete Finkelstein	Merrilee Osterhoudt
Jerry Goldberg	Candace Pisterzi
Herman Harmelink, III	Barry Rothfeld
Dick Herodes	Judy Rubenstein
Patricia Luczai	Kay Saderholm
Rita Minnerly	Barbara Van Itallie
Bob Nasser	John Wargo
Virginia Nasser	

Social Science (SS)

Linda Lebensold (<i>Chair</i>)	Merrilee Osterhoudt (<i>Co-Chair</i>)
Ellie Charwat	Joe Lombardi
Martin Charwat	John Scileppi
Vicki Fox	Barbara Sweet
Bernard Handel	Cathy Temple
Jerry Hayes	John Tyliszczak
Dewey Lee	



CLASS MANAGERS NEEDED

There are a few classes noted in this catalog that are in need of a Class Manager. If you are planning to take a class where “**Class Manager Needed**” is noted, please consider volunteering. That ‘s one good way to ensure you get a spot in that class!



GET INVOLVED...VOLUNTEER TODAY!



The success of CLS depends on the involvement of its members. CLS is very fortunate to have dedicated members who devote their time and energy to make the organization strong, viable, vibrant, friendly, and interesting. It is only through our volunteers that we can offer such diverse and exciting courses, provide multiple opportunities to socialize and get to know one another, as well as provide volunteer services to the community.

You may volunteer for any committee or activity at any time by contacting the committee chairpersons or officers. You can also sign-up to volunteer during the online registration process. Please consider taking an active role in the CLS organization.

Spring 2022 Course List & Schedule

Tuesday Classes										
Time	Course ID & Title	April				May				
9:15 AM	LLS1 – If It's Tuesday It Must Be...	5	12	19	26	3	10	17	24	
9:15 AM	LLS2 – The Temporal Power of the Papacy: World Government Exercised by Popes	5		19	26	3	10	17		
9:15 AM	AL1 – The Art & Craft of Writing Series - Legacy Letters to Your Family (Limit 12)	5	12	19	26	3	10	17	24	
11:00 AM	AL2 – Great Books: More Immigrant Stories (Limit 15)	5	12	19	26	3	10	17	24	
11:00 AM	GS1 – Ascent of 20th Century Science: A Study of What the World is Made of and How it Works	5	12	19	26	3	10	17	24	
11:00 AM	SS1 – Fun Factoids of History					3	10	17	24	
11:00 AM	AL3 – The Art of Public Speaking (Limit 12)	5	12	19	26	3	10	17	24	
1:15 PM	LLS3 - The History of Local Colleges, Part 2	5	12	19	26					
1:15 PM	SS2 – The Life of Eleanor Roosevelt					3	10	17	24	
1:15 PM	AL5 – Drawing from Observation	5	12	19	26	3	10	17	24	
1:15 PM	SS3 – Great Decisions 2022	5	12	19	26	3	10	17		
2:45 PM	AL6 – Bella Bartock	5	12	19	26	3	10	17	24	
2:45 PM	SS4 – The Greatest Players of America's Game, Part II	5	12	19	26	3	10			
2:45 PM	LLS4 – America's Greatest Foods	5	12	19	26					
2:45 PM	GS2 – Astronomy from Galileo to Spitzer and Beyond	5	12	19	26	3	10	17	24	

Wednesday Classes										
Time	Course ID & Title	April				May				
9:15 AM	SS5 – How Our Present Culture Colors Our Understanding of the Past	6	13	20	27	4	11			
9:15 AM	LLS5 - Chair Yoga (Limit 40)	6	13	20	27	4	11	18	25	
9:15 AM	GS3 – Your Brain, Your Spine, Your Health	6	13	20	27	4	11	18	25	
11:00 AM	AL7 – Poetry: Three Women Poets	6	13	20	27	4	11	18	25	
11:00 AM	AL8 – Warner Brothers Cartoons: Not Really Kids Stuff	6	13	20	27	4	11	18	25	
11:00 AM	LLS6 – Potpourri	6	13	20	27	4	11	18	25	
1:15 PM	LLS7 – An Inside Look at the Vassar Brothers Medical Center Medical Residency Program	6	13	20	27					
1:15 PM	SS6 – Afghanistan and Its Wars					4	11	18	25	
1:15 PM	LLS8 – Exercise Sampler					4	11	18	25	
2:45 PM	LLS9 – Lost Languages and Writing Systems	6	13	20	27	4	11			
2:45 PM	AL9 – Opera as Politics: Diversity of Composers	6	13	20	27	4	11	18	25	
2:45 PM	GS5 – Science Potpourri	6	13	20	27	4	11	18	25	

Thursday Zoom Classes										
Time	Course ID & Title	April				May				
1:15 PM	AL4 – Prodding Your Muse (Limit 12)	7	14	21	28	5	12	19	26	
2:45 PM	GS4 – Digging Up the Past, VII	7	14	21	28	5	12	19	26	

Zoom access information for these classes will be sent out to registered members on Thursday, March 31st



Important Dates for Spring 2022



Mon. January 24	Online registration begins at 8:00 AM for Classes and Trips (<i>separate registration links</i>) ◆ Select up to 6 classes <u>in order of priority</u> ◆ Do not select classes that meet at the same time on the same day
Fri. February 18	Registration for spring 2022 Classes and Trips ends at 5:00 PM ◆ Late, email or phone registrations will NOT be accepted
Mon. February 21	Last date to mail Trip payments to CLS office. MUST be received no later than Fri. February 25th . Unpaid trips will be automatically deleted and cannot be added back SORRY NO EXCEPTIONS!
Tue. March 1	Proof of Covid-19 Vaccination including booster is due to the CLS Office (send copy by email)
Fri. March 11	Spring 2022 Class Confirmation emails will be sent
Fri. March 25	Spring 2022 Trip Confirmation emails will be sent
Wed. March 31	Zoom access information for the two Zoom Only classes will be sent by email ◆ Remember to save these emails!!
Tues. April 5	Spring 2022 classes start
Thur. April 7	Special Event: Critical Race Theory - A Moderated Panel Discussion 10:30 AM – Hosted/Moderated by Dewey Lee ◆ Zoom information will be sent for this event on April 4th
Thur. May 26	Last day of Spring 2022 classes



Class Registration Procedures



Click on the **Course Registration** link below and enter your Name (first and last) and your CLS ID #. The system will verify the information you entered belongs to you. If you enter invalid information, in any of these fields, you will be given an error message and will be required to correct the inaccurate data before finalizing your registration for submission. Your course selections will be retained until the field(s) outlined in red at the top of the form are corrected.

Your First Name, Last Name and CLS ID#, were provided at the top of the email sent by the CLS office that contained the Spring 2022 Course Catalog. ALL three fields must be entered **EXACTLY** as provided at the top of that personalized email.

Make sure you read **ALL** of the information provided in that initial email. If you have questions or need assistance, the CLS office is available to help you with the registration process.

Click link below to register for Spring 2022 Classes:

<https://www.marist.edu/professional-programs/cls/course-registration>

CLS Announcements & Class Handouts



Check the **CLS Announcements** and **Class Handouts** webpages prior to the start of classes on Mon. April 5 and to check back frequently to see if there are any updates or class materials posted for your classes. The links for these webpages is noted below:

CLS Announcements: www.marist.edu/professional-programs/cls/announcements

CLS Class Handouts: www.marist.edu/professional-programs/cls/class-handouts

Special Event

Critical Race Theory: A Moderated Discussion

Date: Thursday, April 7, 2022

Time: 10:30 AM to 12:00 Noon

Coordinator/Moderator: Dewey Lee

Virtual/Zoom Event **



Panelists: Brian Robinson, Equitable Future, Inc.
Jonathan Butcher, Heritage Foundation

What is Critical Race Theory? Why is it in the news so much? How does it affect education, the workplace, and our society? Two presenters with differing viewpoints will speak on CRT.

~ Register when selecting your spring classes.

*** Zoom access information will be sent to all registered members on Mon. April 4th*



Tuesday Classes



LLS1 — If It's Tuesday It Must Be...

(8 weeks)

Time: 9:15 – 10:30 AM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24

Class Manager: Bob Nasser

Description: Do you enjoy Traveling? If so, come join with us as some CLS members talk about their trips to various places in North America, Europe and Asia. Emphasis will be on travel by car, bus and ship, as well as family trips and guided tours. Please note that the weekly presentation order is subject to change, and that this is a travel course of first-hand experiences, not an in-depth look at a given county or region.

Topics, Presenters & Affiliations:

Western Mediterranean on a 5-Masted Sailing Ship	Ann & Leathem Mehaffey, CLS Members
Poland and the Wieliczka Salt Mine	Bill Walsh & Esther Odescalchi, CLS Members
Peru	Les Muldorf, CLS Member
"Las Vegas Lite" (Las Vegas without the casinos)	Bob & Ginny Nasser, CLS Members
Crete	Jack Fein, CLS Member
Cross Country on a Motorcycle	Duane Beyer, Sr. System Admin., Marist College
Vietnam	John Wargo, CLS Member
Baseball Stadiums	John Wargo, CLS Member

LLS2 – The Temporal Power of the Papacy: World Government Exercised by Popes

(6 weeks)

Time: 9:15 – 10:30 AM

Day and Dates: Tuesdays – April 5, 19 & 26 and May 3, 10, & 17

Class Manager: **Class Manager Needed**

Presenter: Esther Kando Odescalchi, Ph.D., CLS Member

Description: This course examines the pope in his capacity as universal sovereign, who for centuries made and unmade the emperors and kings of Europe, and who divided the continents of the world among European powers. The lecture does not discuss religion or ecclesiastical history, but world politics and international relations. For centuries the Pope was the world government.

Tuesday Classes Continued

AL1 – Art & Craft of Writing Series: Legacy Letters to Your Family

(8 weeks)

Time: 9:15 – 10:30 AM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24

Class Manager: Terry Kennedy

Presenter: Linda Rappaport, CLS Member

Description: If you are like me, then you have promised yourself many times that you would write personal narratives or memoirs to your family for posterity. That time is now! Each session, we will gather as a group. We will then share in small groups and give each other feedback for development and clarity. Finally, we will come together to share selections with the whole group. Each week we will focus on a different element of craft, such as prose, voice, point of view, etc. I will provide clear instructions on critique protocols

Class Limit: 12 maximum

AL2 – Great Books: More Immigrant Stories

(8 weeks)

Time: 11:00 - 12:15 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24

Class Manager: Sharon Steinvurzel

Presenters: Lydia Bauman and Sharon Steinvurzel, CLS Members

Description: Join us as we discuss the experiences, concerns, and aspirations of recent immigrants as reflected in the short stories they have written. All are 21st century tales, and the authors come from many different countries and traditions. Our text is Immigrant Voices published by the Great Books Foundation and available at greatbooks.org. *New Members Welcome!*

Class Limit: 15 maximum

GS1 – Ascent of 20th Century Science: A Study of What the World is Made of and How it Works

(8 weeks)

Time: 11:00 - 12:15 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24

Class Manager: Leathem Mehaffey

Presenter: Stanley Schmidt, CLS Member

Description: This course will emphasize the science following the seminal discoveries of Albert Einstein, Niels Bohr, and Max Planck that led to the developments of a unifying model of the universe. We will look at the structure of atoms and their constituents, quantum ideas, nuclear power, computer electronics, as well as particle accelerators and detectors. Video professors from the "Great Courses" Teaching Company will be included.

SS1 – Fun Factoids and Tiny Tidbits of History

(4 weeks)

Time: 11:00 - 12:15 PM

Day and Dates: Tuesdays – May 3, 10, 17 & 24

Class Manager: **Class Manager Needed**

Presenter: Robert (Bob) Ulrich, CLS Member

Description: I bought it “Lock, Stock, and Barrel”. He was “Just a Flash in the Pan”. Why do we tell our children to “Sleep Tight”? Who “Let the Cat Out of the Bag,”? There are so many phrases and idioms in our vernacular that we take for granted. We know how to use them, but what do they really mean? Bob Ulrich compiled a list of phrases while teaching his course in early American History.

AL3 – The Art of Public Speaking *(8 weeks)*

Time: 11:00 - 12:15 PM
Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24
Class Manager: Mary Coiteux

Presenter: Fred Wolinsky, CLS Member

Description: Would you rather have dental work than speak in public? Or are you an experienced speaker seeking to improve your skills? This class offers proven and practical tools everyone can use to communicate effectively, overcome stage fright, capture an audience’s attention, successfully use body language, structure an exciting presentation, clearly support your ideas, and use stimulating visual aids. Participants commit to research, prepare, and present a five-minute speech on a topic of your choice.

Class Limit: 12 maximum

LLS3 – The History of Local Colleges, Part 2 *(4 weeks)*

Time: 1:15 - 2:30 PM
Day and Dates: Tuesdays – April 5, 12, 19 & 26
Class Manager: Ginny Nasser

Description: The history of our local colleges was well received in the Fall. This is an extension of the same course with different local colleges: Culinary School of America, Bard College, Mount Saint Mary College, and the retired Bennett College. Presenters have a vast knowledge of the colleges and their history. For our community, taking advantage of these opportunities is vital and invigorating.

Topics, Presenters & Affiliations:

History of Culinary Institute of America	Rachel Birchwood, Assoc. V.P. Enrollment Management The Culinary Institute of America
History of Bard College	Helene Tieger, College Archivist, Bard College
History of Mount Saint Mary College	Sr. Catherine Walsh, Professor Emerita of Communication Arts
History of Bennett College in Millbrook	Anthony Musso, Professional Writer

SS2 – The Life of Eleanor Roosevelt *(4 weeks)*

Time: 1:15 - 2:30 PM
Day and Dates: Tuesdays – May 3, 10, 17 & 24
Class Manager: Barbara Sweet

Presenter: Sandra Opdycke, History Professor (*retired*) and Author

Description: Eleanor Roosevelt's achievements as a pioneering First Lady and internationally recognized human rights advocate would be impressive no matter what her background. But they are all the remarkable when we consider her difficult childhood, her complicated marriage, and the formidable obstacles facing many of the reforms she worked to achieve. In this class we will explore the interplay of character, personal choices and historical events that shaped Eleanor Roosevelt’s extraordinary career.

AL5 – Drawing from Observation *(8 weeks)*

Time: 1:15–2:30 PM
Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24
Class Manager: Mary Coiteux

Presenter: Marilyn Price

Description: This is for people with or without an art background. We will be drawing with color from observation of still life material and hopefully an occasional volunteer model [perhaps one of your friends, who only needs to sit in a chair while you draw]. Required materials for the class are a drawing pad for charcoal and pastel, 11”x17” or larger, a kneaded eraser, and a set of pastels, [not oil pastels] which include primary and secondary colors [red ,yellow, blue, green, orange and purple]. Individual guidance and instruction will be offered throughout the course.

SS3 – Great Decisions 2022

(7 weeks)

Time: 1:15–2:30 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, & 17

Class Manager: Martin Charwat

Description: This course will focus on the challenges confronting the United States and the world in coming decades. It will involve readings by class members, viewing videos, and class discussion of, among other topics: climate change, Russia and the U.S., the "Quad Alliance," and Drug policy in Latin America. Class members are encouraged to purchase the Great Decisions book from the Foreign Policy Association [www.fpa.org].

Topics, Presenters & Affiliations

Changing Demographics	Martin Charwat, CLS Member
Climate Change	David McNary, Hyde Park Zoning Board of Appeals
Russia and the U.S.	David McNary
Myanmar and ASEAN	Martin Charwat
The Quad Alliance	David McNary
Drug Policy in Latin America	Martin Charwat
Industrial Policy	David McNary

AL6 – Bella Bartok

(8 weeks)

Time: 2:45–4:00 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24

Class Manager: **Class Manager Needed**

Presenter: Leslie Gerber, Parnassus Records

Description: Bela Bartok was one of the great composers of the 20th century. We will explore his life and music, particularly his innovations in making the folk music of Eastern Europe into the basis of new styles of composition. We will concentrate on hearing his own performances and those by musicians who worked with him.

SS4 – The Greatest Players of America's Game, Part II

(6 weeks)

Time: 2:45–4:00 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3 & 10

Class Manager: Merrilee Osterhoudt

Presenter: Arnold Serotsky, Vassar LLI

Description: Picking up where we left off in the spring of 2021, Arnie Serotsky, baseball aficionado, will reveal his selections of the greatest MLB players since 1965 into the millennium, with a close up examination of their lives and careers.

LLS4 – America's Greatest Foods

(4 weeks)

Time: 2:45–4:00 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26

Class Manager: Kay Saderholm

Presenter: Barbara Van Itallie, CLS Member

Description: We'll countdown a list of 50 of America's best foods. From processed to homemade, from regional specialties to American classics, from comfort food to restaurant favorites, we'll touch many of them. Food has history too, and we'll explore some of it and its relation to American industry, agriculture, people and culture. The list may be controversial, so be prepared to bring your own classics.

GS2 – Astronomy from Galileo to Spitzer and Beyond

(8 weeks)

Time: 2:45–4:00 PM

Day and Dates: Tuesdays – April 5, 12, 19 & 26 and May 3, 10, 17 & 24

Class Manager: Bill Walsh

Presenter: Jack Chastain, Mid-Hudson Astronomical Association (MHAA)

Description: History and physics of astronomy, visual observation, telescope types and construction, radio and gravity-wave observation, locating objects in the solar system, galaxy and beyond. Get to know the night sky and how to find and observe some of the more interesting objects. Learn to use Stellarium astronomical software and several personal device apps.



Wednesday Classes



SS5 – How Our Present Culture Colors Our Understanding of the Past

(6 weeks)

Time: 9:15 – 10:30 AM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4 & 11

Class Manager: Martin Charwat

Presenter: Nicholas Marshall, Ph.D., Assoc. Professor of History, Marist College

Description: This course will review how our current cultural environment shapes (and distorts) historical events of our nation's history, from the Civil War to the present. Understanding this will help us to see the past in its own terms, thereby lessening our often skewed view of it.

GS3 – Your Brain, Your Spine, Your Health

(8 weeks)

Time: 9:15 – 10:30 AM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: Jack Fein

Description: Diseases of the nervous system can quickly disable. Advances in diagnosis and treatment have significantly improved outcomes. This lecture series will provide updates on major brain and spine disorders. It will discuss topics of most interest to those who are proactive in managing their health.

Topics, Presenters & Affiliations:

Neurological Evaluation - Look At Your Brain	Dr. Jack Fein, CLS Member
Dementia	Dr. Christopher Medina & Dr. Paul Wright Nuvance Neurosciences
Parkinson's Disease	Dr. Rosemary Gomez & Dr. Paul Wright Nuvance Neurosciences
Spine Surgery	Dr. Michael Cho, Nuvance Neuroscience
Cerebrovascular Surgery	Dr. Elie Dancour, Nuvance Neuroscience
Brain Tumors	Dr. Adesh Tandon, Nuvance Neuroscience
Psychiatry of Aging	Presenter To Be Announced
Adult Head Trauma	Dr. Michael Cho, Nuvance Neuroscience

LLS5 – Chair Yoga

(8 weeks)

Time: 9:15 – 10:30 AM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: **Class Manager Needed**

Presenter: Mary Ellen Bialosuknia, Independent Yoga Instructor

Description: Chair Yoga provides the benefits of traditional yoga: relaxation, flexibility and improved balance. There are no physical requirements for this class. Each student's efforts will be directed by his or her abilities or limitations. Participants should wear loose comfortable clothing. Each class will include: breath and centering work, warm-up, six directions of the spine, warrior sequences, standing sequences and other movements.

Class Limit: 40 maximum

WARNING: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk and assume all risk of injury to yourself. You should always consult your physician or other healthcare provider before starting an exercise program.

AL7 – Poetry: Three Women Poets

(8 weeks)

Time: 11:00 AM–12:15 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: Miriam Rubin

Presenter: Judith Saunders, Professor of English, Marist College

Description: In this class we'll study work by three distinguished American poets: Abbie Huston Evans (1881-1983), Elizabeth Bishop (1911-1979), and Mary Oliver (1935-2014). Representing overlapping generations, the trio spans the twentieth century. We'll consider their formal choices and examine recurrent thematic concerns, e.g., friendship, loss, art, and sexuality. Conflicts with societal expectations, particular gender-based expectations, emerge in a number of their poems. And all three establish profound relationships with the natural world.

AL8 – Warner Brothers Cartoons. Really Not Kid's Stuff

(8 weeks)

Time: 11:00 AM–12:15 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: Fred Wolinsky

Presenter: Michelle Keeley, CLS Member

Description: This class is about the Warner Brothers cartoon studio from its beginning in the 1930's through the 1940's. Areas to be covered include: early cartoons, the wartime era, the directors and producers, the music that introduced many of us to classical music, animated characters, and voice characterizations - not just Mel Blanc. Some cartoons may be objectionable to many for their content, stereotypes and violence featured.

IMPORTANT COVID INFORMATION

Proof of COVID-19 Vaccination (including booster shots) Due by March 1, 2022

- **COMPLETE COVID-19 VACCINATION REQUIRED - NOW INCLUDING A BOOSTER SHOT AS WELL**
- **As soon as you complete the spring registration process, submit a copy of your Covid Vaccination Card to the CLS office by email. If previously submitted your card without proof of the booster, please resubmit.**
- **Masks are required for ALL in-person classes, events and trips regardless of vaccination status.**
- **If there are any additional changes or updates to the CLS COVID-19 Policies & Protocols, ALL CLS members will be notified by email and posted to the Announcements webpage.**

CLS Announcements: www.marist.edu/professional-programs/cls/announcements

LLS6 – Potpourri

(8 weeks)

Time: 11:00 AM–12:15 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: Barbara Van Itallie

Description: A potpourri can be defined as a medley of subjects, as well as a mixture of flowers and spices. We'll do the medley of subjects with this course with some very different interesting topics each week. The order of the presentations may change.

Topics, Presenters & Affiliations:

Preventing and Correcting Identity Theft	David Lederman, NYS Attorney General's Office
Habitat for Humanity: Rebuilding of an 1850 Poughkeepsie house inspired a book with many local references and unforgettable characters.	Jim Holmgren, Habitat Build Captain
Eunice Hatfield Smith: Local Painter, American Painter	Candace Lewis, Ph.D., Art Historian
Photography for non-photographers – concentrating on “content”, not “technology”	Jerry Goldberg, CLS Member
Moving Our Community Towards Sustainability: Town of Poughkeepsie's journey to certification as a Climate Smart Community	Susan Karnes Hecht, CSTF Committee Chair
Tour places in New York City which were instrumental in shaping the life and career of Alexander Hamilton	Ginny and Bob Nasser, CLS Members
Marist Mindset: What are students thinking; a cultural compass that tracks the challenges and accomplishments of each incoming class	Vanessa Lynn, Ph.D., Asst. Professor of Criminal Justice - Marist College Joyce Yu-Jean Lee, Ph.D., Asst. Professor of Digital Media - Marist College
Preserving Music History with Sheet Music Collection	Robert Hoe and Polly Diane Hoe, Preservationists

LLS7 – An Inside Look at the Vassar Brothers Medical Center Medical Residency Program

(4 weeks)

Time: 1:15 - 2:30 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27

Class Manager: Merrilee Osterhoudt

Description: Class members will get insights into the Nuvance and Vassar Brothers Medical Center medical residency program. We'll get an understanding of the impact of residency programs on the medical and local communities, hear details about the rigorous training programs and specifics about the various disciplines, and we will hear from actual participants in the program and is it really Grey's Anatomy?

Topics, Presenters & Affiliations:

Program Overview and the Important Impacts on the Community	Dr. Christopher Stenberg, Vassar Bros. Medical Center
Residency Program Specifics	Dr. Marc Borenstein, Residency Program Faculty Leader
Residency Programs and Advanced Research	Dr. Paul Wright, Neurologist and Sr. VP and System Chair of the Nuvance Neuroscience Institute
Residency Program Participant Experiences	Panel of Residency Program Participants (Names TBA) Nuvance/VBMC Residency Program

SS6 – Afghanistan and Its Wars

(4 weeks)

Time: 1:15 - 2:30 PM

Day and Dates: Wednesdays – May 4, 11, 18 & 25

Class Manager: Vicki Fox

Presenter: Kristin Bayer, Assoc. Professor of History & Chair of the History Dept., Marist College

Description: This course gives an overview of Afghanistan's ancient history, delves into its role as a buffer state and semi-colonized region during the 19th century with a final focus on the major wars of the 20th and 21st centuries. The rise of the Taliban, the US invasion, and the return of the Taliban are all connected to Afghanistan's Cold War experiences.

LLS8 – Exercise Sampler

(4 weeks)

Time: 1:15 - 2:30 PM

Day and Dates: Wednesdays – May 4, 11, 18 & 25

Class Manager: **Class Manager Needed**

Description: This course provides the opportunity to sample four different forms of exercise, all adapted to the senior body. Topics include: SAIL (Stay Active and Independent for Life), Tai Chi/Qi Gong, Zumba Gold and Chair Yoga.

Topics, Presenters & Affiliations:

SAIL: Stay Active and Independent for Life	Demetra Tsantes
Tai Chi/Qi Gong	Anne Lancellotti and Georgette Weir
Zumba Gold	Demetra Tsantes
Chair Yoga	Mary Platt, Peaceful Postures

WARNING: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk and assume all risk of injury to yourself. You should always consult your physician or other healthcare provider before starting an exercise program.

LLS9 – Lost Languages and Writing Systems

(6 weeks)

Time: 2:45 - 4:00 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4 & 11

Class Manager: **Class Manager Needed**

Presenter: John Gavin, CLS Member

Description: When a culture's writing system and language are lost, the history of that culture is also lost. No one could translate Egyptian writing for 1,500 years. Mesopotamian languages were hidden for 2,000 years. Archaic Greek was silent for 3,000 years. The course will discuss these three language mysteries and the people who solved these unsolvable problems. The course will mix history, language, geography, literature, and biography.

AL9 – Opera as Politics: Diversity of Composers

(8 weeks)

Time: 2:45 - 4:00 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: Audrey Walker

Presenter: Chuck Mishaan, Lecturer on Music and Opera

Description: This class will explore works by female, LGBTQ and PoC composers and artists. We will focus on 400 years of opera outside of the traditional repertoire, from Francesca Caccini in 1625 to Terence Blanchard in 2021. Analysis will include political and historical context as well as video excerpts and commentary.

GS5 – Science Potpourri

(8 weeks)

Time: 2:45 - 4:00 PM

Day and Dates: Wednesdays – April 6, 13, 20 & 27 and May 4, 11, 18 & 25

Class Manager: Leathem Mehaffey

Description: Science potpourri is a recurring course designed to introduce participants to a variety of topics of general interest in current STEM (science, technology, engineering and mathematics) areas. Each week a presenter will cover a different area. A background in science is not necessary for participants, just a general interest in modern STEM topics.

Topics, Presenters & Affiliations:

Kiss the Ground	Arnold Most, CLS Member
Climate Change and the Spread of Pathogens	Joseph Bettencourt, CLS Member
What's the problem with plastics, and what can we do?	Jill and Ira Auerbach, CLS Members
The Beginning and End of the Universe	Frederick R. Chromey, PhD., Professor Emeritus of Astronomy (1981–2016), Vassar College
Asteroids, Meteors and Meteorites	Christopher Mlodnicki, Fort Worth Astronomical Society
The Role of the Physician's Assistant in Modern Medical Practices	Leslie Muldorf, CLS Member
Climate Change and Pathogens II	Joseph Bettencourt, CLS Member
Cooling the Planet	Warren Buhler, CLS Member

Thursday Zoom Classes

AL4 – Prodding Your Muse (Zoom/Virtual Only)

(8 weeks)

Time: 1:15 - 2:30 PM

Day and Dates: Thursday – April 7, 14, 21, & 28 and May 5, 12, 19 & 26

Class Manager: Michael Cowan

Presenter: Barbara Mindel, CLS Member

Description: Memories are treasures. Many are keen; others await being prodded to the surface. That's what this class is about: short writing exercises to prod recollections, then share, exchange coincidences of experience and best is the recapturing of the richness of our decades. Do join us "to leave your print in the sand."

Class Limit: 12 maximum

GS4 – Digging Up the Past, VII (Zoom/Virtual Only)

(8 weeks)

Time: 2:45–4:00 PM

Day and Dates: Thursday – April 7, 14, 21, & 28 and May 5, 12, 19 & 26

Class Manager: Leonard Turkenkopf

Presenter: Rolf Nijhuis, CLS Member

Description: Many great mysteries surround the remarkable achievements of our ancestors. In each class, we start with an overview, then show a video in which experts will answer the question "How did they do that?" You will see how our ancestors accomplished these feats based on modern forensics of the archaeological evidence. Each class will end with discussion. These adventures cover the globe.

Spring 2022 Trip Schedule

Destination	Day & Date	Time	Cost
Trip 1 - Museum Village of Old Smith's Clove Monroe, NY	Fri. April 8 th	10:00 AM <i>Arrive by 9:45 AM</i>	\$13
Trip 2 - The William Louis-Dreyfus Foundation Mt. Kisco, NY	Mon. April 11 th	11:00 AM	\$5
Trip 3 - Harney & Sons Factory Tour Millerton, NY	Thurs. April 28 th <i>Rain or Shine</i>	11:00 AM	\$5
Trip 4 - McEnroe Organic Farms Tour & Lunch Millerton, NY	Thurs. May 5 th	11:00 AM	\$25
Trip 5 - Big Onion Walking Tour of Hudson Hudson, NY	Fri. May 6 th <i>Rain or Shine</i>	11:00 AM	\$25
Trip 6 - Beekman Arms Luncheon & Theatre on the Road Rhinebeck, NY	Fri. May 20 th	12:00 PM	\$62.50
Trip 7 - Manitoga/The Russel Wright Design Center Garrison, NY	Thurs. June 2 nd	2:00 PM	\$30



Trip Registration Information



To register for CLS Trips, click on the **CLS Trip Registration** link below. The process for trip registration is the same as class registration (First Name, Last Name, CLS ID #, etc). Please provide **BOTH** home **and** cell phone numbers when registering for trips. Your mobile number may be needed by the trip coordinator prior to the trip and for on-site immediate communications.

- ◆ Select your trips in priority order ◆ Proof your selections before agreeing and submitting
- ◆ **Payment for trips due immediately after registering**

You will receive a confirmation email that you have successfully registered for your trips **and** it will include the total amount due for all of the trips you selected. Send in your trip payment immediately. If payment is not received by the CLS office by the February 25th deadline, your trip registration will automatically be cancelled and you will not be able to register for them again. **Sorry, NO EXCEPTIONS!**

Click link below to register for Spring 2022 Trips

<https://www.marist.edu/professional-programs/cls/trip-registration>



Spring 2022 Trips



Trip 1 Museum Village of Old Smith's Clove
1010 Route 17M Monroe, NY 10950 | (845) 782-8248

Cost: \$13

Friday, April 8th 10:00 am (arrive by 9:45 am)

Museum Village at Smith's Clove near Middletown is a collection of restored 19th century shops and houses. We will be given a special tour prior to their regular season. Docents and craftsmen will give presentations and answer questions. Museum Village was the vision of Roscoe William Smith (1877-1976), an electrical engineer, entrepreneur, philanthropist, and collector who contributed to his native Orange County in many ways during his 99 years. Roscoe made his fortune as the founder of the Orange and Rockland electric company in 1905. The wealth he generated from his successful company and investments allowed him to give back to the community in many ways. Probably Roscoe's most cherished gift to the local community was Museum Village of Old Smith's Clove. Roscoe was passionate about American history and was an avid collector of Americana. His collection varied widely, from textiles and porcelain items to horse-drawn carriages. His main interest was in craft tools and mechanical devices: their invention, adaptation, and development which he realized were slowly disappearing. Museum Village still pursues its founder's vision of educating generations of Americans about the work and life of their ancestors.

Coordinator: Peggy Kelland

Trip 2 The William Louis-Dreyfus Foundation
211 Kisco Ave, Mt. Kisco, NY 10549 *(free on-site parking)*

Cost: \$5

Monday, April 11th 11:00 am

William Louis-Dreyfus was interested in art and collected it throughout all of his life. In addition to well-known and established artists, he was a connoisseur of lesser-known and even self-taught artists. His 3,700-work art collection includes a variety of styles and media. As Jeffery Gilmor, head of the WLD Foundation has said, "William thought self-taught art was visually striking and he didn't care about the distinction of whether it was mainstream or Outsider. People have characterized the collection as very eclectic, but it was what he liked." Slides of the wide variety of art pieces can be viewed on the web page under the heading "Collection".

Link to website: <http://wldfoundation.org>

In 2014, the philanthropist made the decision to donate some of the proceeds from the sale of his collection to the Harlem Children's Zone with the intention of providing educational opportunities for inner-city youth. So far, the sales include a trio of paintings by Francisco Toledo at Christie's New York, works by Bill Traylor at David Zwirner, and a suite of works on paper by Helen Frankenthaler, Claes Oldenburg, and Jean Dubuffet at Sotheby's New York. The works put on sale are carefully chosen so that the main focus of being an educational facility is not lessened. William Louis Dreyfus, a lover of art, died in 2016 at the age of 84.

Coordinator: Mary Coiteux

Trip 3 Harney & Sons Factory Tour
5723 NY-22 Millerton, NY 12546
(518) 789-2100 – Factory | (518) 789-2121 - Shop

Cost: \$5

Thursday, April 28th 11:00 am *Rain or Shine*

Harney and Sons is a global operation headquartered in Millerton NY. We'll be taking a 45 minute tour inside the 90,000 square foot factory to see how the company sources, blends, and packages teas from start to finish. Initially, Harney and Sons sold six teas and now sells more than 300! After the tour you can visit The Millerton Shop and have lunch on your own at the many restaurants in this quaint village.

MAX: 10 Members – NOT HANDICAP ACCESSIBLE

Coordinators: Ingrid LaPolt and Linda DeRosa

Trip 4 McEnroe Organic Farms Tour & Lunch
5409 NY-22 Millerton, NY 12546
Thursday, May 5th 11:00 am – 1:00 pm *(two hours)*

Cost: \$25

Rain Date: Thursday, May 12

Join us on a tour of McEnroe Organic Farm where they seek to inspire people of all ages to understand the environmental, social and economic relationship between food production and consumption.

Go field to fork with their farm market catered lunch. They serve family-style meals of sandwiches, side salads, baked goods and other menu items prepared from their farm grown meats and veggies.

Due to the uneven terrain throughout the tour, members should be ambulatory.

Max: 20 members

Coordinators: Mary L. Marshall and Joan Doherty

Trip 5 Big Onion Walking Tour of Hudson**Cost: \$25****Meeting Place: Gazebo at the Corner of Union Street & West Court , Hudson, NY 12534****Friday, May 6th 11:00 am to 1:00 pm** **Rain or Shine**

The walking tour will explore the diverse social history, architecture, and people of this upstate urban center. Stops could include: Promenade Hill, Nantucket houses, sites associated with the Underground Railroad, the most notorious Red Light district north of Times Square, and locations associated with Thomas Jefferson, Ma Brown, Charles Dickens, Eleanor Roosevelt, Jack “Legs” Diamond, Ada Louise Huxtable, and Lieutenant William H. Allen, who was killed by pirates.

20 people per tour — Tours are presented rain or shine.

Coordinator: Mary Lou Davis

Trip 6 BEEKMAN ARMS LUNCHEON AND THEATRE ON THE ROAD**Cost: \$62.50****The Beekman Arms | 6387 Mill St. Rhinebeck NY 12572****(845) 876-7077 x361****Friday, May 20th 12:00 pm to 3 pm**

Theatre on the Road is the creation of actor, writer, and director Frank Marquette along with his wife and producing partner, Kristen. They have been producing quality shows for both public and private events since 1998. Theatre on the Road presents a surprising mix of quality comedy, drama and music. They will do a 2 hour depiction of the history of the Beekman Arms in Rhinebeck.

The luncheon will be a salad, a choice of salmon, chicken, or vegetarian pasta and apple strudel with vanilla crème anglaise, including coffee, tea, decaf iced tea, water, soft drinks.

Coordinator: Mary Lou Davis

Trip 7 Manitoga/The Russel Wright Design Center**Cost: \$30****584 NY-9D, Garrison, NY 10524****(845) 424-3812****Thursday, June 2nd 2 pm**

Experience a 90-minute guided tour of the mid-20th century style house, studio and gallery of American industrial designer Russel Wright. The dramatic home, known as Dragon Rock, was created by architect David Leavit to feature the surrounding landscape as an integral design feature. Opened in May 2021, the Russel & Mary Wright Design Gallery tells the story of how the Wrights shaped modern American lifestyle and features over 200 objects. The tour traverses stepping stone paths, uneven terrain, and 40 stone steps without handrails, so participants must be able to negotiate this environment to participate. Sensible footwear is a must.

Coordinator: Pat Luczai

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