

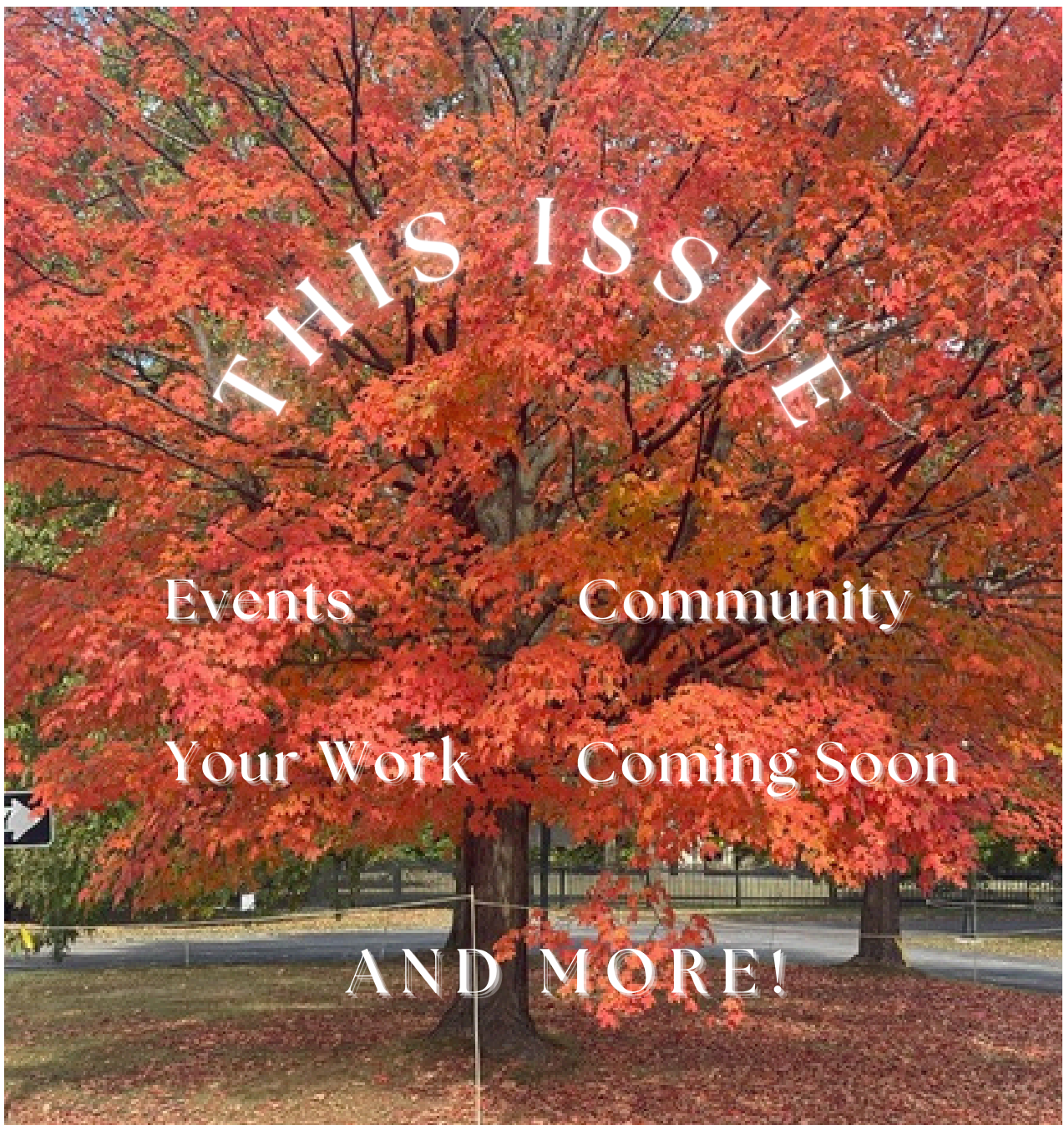


FALL 2024

MARIST COLLEGE

Center for Lifetime Study

THE CHRONICLE



President's Message



As you may or may not know, the Marist Center for Lifetime Study (CLS) started our 33rd year as an organization this Fall, and we're still going strong providing quality programs to our members, with 31 classes, coordinated by the Vice-President of Curriculum and developed through four committee sub-groupings, namely Arts & Literature (AL), Life and Leisure Studies (LLS), Social Sciences (SS) and Science, Technology, Engineering & Mathematics (STEM). This is what was delivered to you, the nearly 430 members of the Marist Center for Lifetime Study, in this recently completed Fall semester, all by a dedicated team of over 80 volunteers that organized and presented these classes and supported by an equally dedicated volunteer team of class managers and audio/visual staff. I sat in on many of these classes, and continue to be impressed by the depth, breadth, knowledge and passion displayed by our presenters and the supporting members that make this possible. I also continue to organize, teach and present the "If it's Tuesday...." Travel series, and have done so since 2022, when I took over this responsibility from Barbara Van Italie, who initiated this travel series in 2014. Yes, this does require a fair amount of time, however doing so brings me a lot of personal satisfaction, sharing a passion for travel and photography with other like-minded members.

So, what's next? Well, the Curriculum Committee continues to be hard at work organizing new classes on your behalf. Five interesting classes will be offered in January, via Zoom, as part of our Winter 2025 session, and the committee is well on their way to finalizing another interesting set of classes for the Spring 2025 semester. This committee essentially works year-round and is always looking for new and diverse topics to further expand our educational programs, both from longer time members, but also from newer members. New and newer members bring new perspectives and skills and help to enhance and grow the CLS.

But, the Marist CLS is not just about classes, as there's also a wide variety of social activities, such as trips, special events and community outreach connections events, all organized and supported by equally dedicated volunteers serving on several inter-related committees. You'll be hearing more about these events and activities in this issue of the Chronicle and through various registration emails from our Marist College Liaison and Administrative Coordinator, Robin Will.

In closing, please contact me at 845-489-1578 or Robin Will at 845-575-3902 if you have any questions on how one becomes a council or committee member or how one signs up to help as a volunteer in general. As I stated in the last issue of the Chronicle, there are many committee positions available, and many opportunities for you to become involved to help keep CLS running smoothly as a volunteer. In the meanwhile, I wish you all a happy, healthy and safe holiday and winter season, and I look forward to seeing you at some of the special events and trips before we resume classes again in person.

Sincerest regards,
John Wargo
Marist CLS President





LETTER FROM THE EDITOR



I'm going to do my best to keep this short. Halloween has passed, this week the elections are over and then ...WE EAT!!!

This month marks my one-year anniversary as a member of CLS. What I've learned in a year is that CLS is about each of you, and all of us. We are strong intellectually because of each other. We are learners because in truth, we learn from each other. I wish you all the best for a happy, healthy, peaceful and safe Holiday Season.



Thank you - Ken Topolsky, Editor



FALL EVENTS

This Fall, our CLS Connections Committee offered several outreach programs for the community. They included lectures at the Pleasant Valley Library, the Arlington Library and “Preparedness Training” at the Boardman Road Branch Library. CLS was also represented at the Senior Golden Gathering where State Senator Rob Rolison and County Executive Sue Serino stopped by the CLS table and expressed their gratitude and appreciation to CLS.



RANKING MINORITY MEMBER
CHILDREN AND FAMILIES
CITIES 2

COMMITTEE MEMBER
AGING
ALCOHOLISM AND SUBSTANCE ABUSE
CRIME VICTIMS, CRIME AND CORRECTION
PROCUREMENT AND CONTRACTS

THE SENATE
STATE OF NEW YORK



ROBERT G. ROLISON
39TH DISTRICT

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ROLISON@NYSENATE.GOV

September 23rd, 2024

Dear Ken, John, and Marist College,

Thank you for playing a vital role in the success of the Senior Golden Gathering! Your presence was key to providing our senior citizens with valuable insights into the services available to them in Dutchess County and New York State.

We know you had many options for how to spend your time and resources, and we are incredibly grateful that you chose to be part of our event. Your generosity and support made a lasting impact on the lives of our seniors.

I also want to highlight the welcoming environment you created. Our senior citizens felt at ease and appreciated, and they thoroughly enjoyed connecting with you and learning about the services you offer.

In short, your participation in the Senior Golden Gathering made a meaningful difference, and I am sincerely thankful for your support.

Once again, thank you for everything!

Respectfully,

Robert G. Rolison
New York State Senate
39th District



GOLDEN HARVEST



The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



CONVOCAATION 2024

This year's Convocation was held Thursday, September 12th 2024 at Locust Grove. The speaker was Paul M. Sparrow. Mr. Sparrow is a writer, historical consultant, and the former Director of the Franklin D. Roosevelt Presidential Library and Museum. Prior to his work at the FDR Library Mr. Sparrow was the Deputy Director and Senior Vice President at the Newseum in Washington, DC, as well as an Emmy Award-winning documentary and television producer.

At the event Mr. Sparrow discussed his new book, **Awakening the Spirit of America.**



AWAKENING THE SPIRIT OF AMERICA

ISBN- 13:9781639366675

Publisher: Pegasus Books

Publication date: 06/04/2024



MEET THE COUNCIL, Pt. 2



In the last issue of the Chronicle we introduced some of the members of the CLS Council. The CLS Council are all volunteers and dues-paying members who have chosen to contribute to the strength and furtherance of the CLS Mission. CLS is ALWAYS LOOKING FOR NEW VOLUNTEERS. Whatever your interest there is a place for you.

Tom and Pegeen Wall

CO-CHAIRS MEMBER SERVICES



We were on the CLS waiting list along with many others for many years. We finally made it just when COVID struck and classes went to Zoom. During that time, we were asked to chair the Member Services Committee. We were so pleased to be included we didn't even know what was involved. We had never been to Locust Grove in person for classes so it came as quite a surprise when we found out we were responsible for the beverages served during morning classes. We survived and have enjoyed it ever since.

PEGEEN

I am a local girl, having grown up in Wappingers Falls. Tom and I met at the former IBM Country Club. We were married while Tom was a student at Villanova University. We lived in PA for awhile before returning to NY and eventually to Poughkeepsie. I had two very rewarding careers: first with the Dutchess County YMCA in the aquatic department. I taught a variety of programs including swim lessons to children and adults, aquarobics, lifesaving and water therapy classes. My second career was in public relations and fundraising for two not-for-profits serving individuals with developmental disabilities. This was with Rehab Programs (now Abilities First) and New Horizons Resources where I served as the Foundation Director. I was also very involved in community activities serving as a volunteer and director of many not-for-profits. Tom and I raised six children and have six grandchildren. Needless to say it was and still is a very busy life keeping up with all their many activities.

TOM

I too am a local person having grown up in the City of Poughkeepsie. I attended local elementary and secondary schools, received my B.A. degree from Villanova University and an M.B.A. from Iona University. Almost all my 50-some years employed were spent in banking with various banks both locally and in Westchester County. I served in various responsible positions including Branch Administration, Commercial Lending, Portfolio Management and Credit Administration. While working locally, I was very involved in the community serving on the Board of Directors of the United Way, Chamber of Commerce, YMCA and Salvation Army and as President of the Poughkeepsie Rotary Club. Over the years there were some disruptions to the banking career due to mergers, consolidations and downsizing. During that time, I worked as an investment advisor with Merrill Lynch and another time assisted a not-for-profit with fund raising and public relations.

Meet the Council

Pegeen and Tom Wall, continued

As Pegeen previously mentioned one of our favorite trips within 3 hours of Poughkeepsie is the ocean along the Rhode Island shore at Misquamicut. We have spent many vacations there and I have a good friend from my banking days living nearby who I enjoy getting together with. I enjoy viewing sports, especially college basketball, Big East games in particular, and reading mystery novels.

As to a favorite CLS course/presenter, I'm inclined to share the feelings of those who believe that every course and its presenter have something of value to offer. Every course I've chosen to take has been enlightening and I admire the work put forth by the presenters in preparation for each class.

Merrilee Osterhoudt**SPECIAL EVENTS**

Merrilee Osterhoudt and her husband, Woody, met at SUNY Cortland.

They have been living in Dutchess County since 1967, with a short jaunt west while Woody obtained his Masters of Science in Education at the University of Southern California. They have two terrific children and one wonderful (and spoiled) granddaughter, who is Mechanical Engineering major at the University of Connecticut.

Merrilee graduated Marist College with a Bachelor of Science degree in Computer Science and joined IBM Poughkeepsie in 1983. Over the next 20 years, Merrilee was a programmer and project manager in large systems development, customer early support programs and marketing. Since January 2003, Merrilee and Woody have been living a life of leisure, enjoying biking & kayaking, traveling and being avid Yankee fans.

Merrilee joined CLS in 2010 after teaching a class in basic computer literacy. She served on the CLS Council as secretary, VP of Administration and was one of only two females to serve as President of CLS. Throughout her membership she has taught classes and volunteered on numerous committees and chaired the Curriculum Social Sciences sub-committee, Scholarship, Nominating and Special Events committees.

One of my favorite memories is of my mother's 80th birthday. My brother and I surprised her by picking her up in a limo, filled with children, grandchildren and spouses, and drove down to New York City to see the Broadway play Anything Goes and to have dinner at Carmine's on East 44th Street. Later she gushed that it had been the most wonderful day of her life sharing her greatest passion, Broadway musicals, with her entire beloved family.

In my 14 years as a CLS member, many instructors have inspired me to continue to grow intellectually and personally. When asked the question, "What speaker or course should not be missed?" I respond, without hesitation, Bob Ulrich. Bob has been teaching, entertaining and inspiring CLS members with his American History classes for many years. His love for the subject matter, the depth of his knowledge and his enthusiasm for sharing it is awesome. The word has gotten out about Bob's classes and now CLS has to compete with Vassar, Bard and New Paltz LLI's for his time. Of Gods and Generals, How the Dutch, not the British, Invented America, The Battles of the Revolutionary War are just a sample of the courses Bob has delivered for CLS. When you are registering for classes, and you see Bob's name on the schedule, sign up!

Barbara Goodman
MEMBER AT LARGE



I joined CLS four years ago when I retired from teaching high school Social Studies. It's fun being the student! I've started new hobbies and revisited youthful interests in writing and poetry. (I was a writer and editor before becoming a teacher.) I've been married for 11 years and have two sons in their 30s from a previous marriage, one of whom is married. No grandchildren yet, but you never know! I look forward to continuing my CLS journey and appreciate this chance to spread the joy of learning to others. Once a teacher, always a teacher, I guess.

Vicki Fox
MEMBER AT LARGE



I grew up in Ardsley, NY, graduated as an English major from Vassar in 1980 and went on to receive a Masters degree in teaching from SUNY Albany. For 31 years I taught Social Studies, mostly to seventh graders. Being a history teacher is great if you love telling stories!

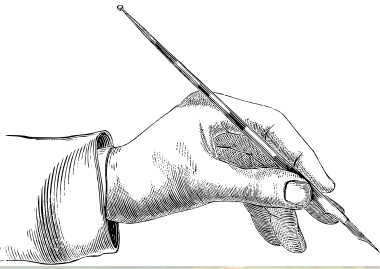
Along the way, I moved to Beacon and got married. We have one daughter. After years on the CLS waiting list, I retired in 2020 and the waitlist dissolved, so I got in at just the right time.

In addition to serving on the Social Science Curriculum Committee, I have been class manager for a couple classes and taught my first CLS class, NYC's Own Civil War, this past spring. I am also a trustee with the Beacon Historical Society and I volunteer with the Beacon Sloop Club and Beacon Prison Rides (helping people visit family members in the local prisons). Researching family history and meeting up with new cousins is a favorite hobby, as is learning languages. (Duolingo is great!)

I adore everything I've taken with Sandy Opdycke.

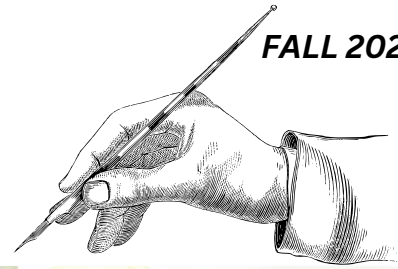
Within three hours of here, I would recommend the Capitol Region. The countryside west of Albany is beautiful. Thatcher State Park in the Helderbergs has an amazing escarpment with wonderful views of the upper Hudson Valley and Berkshires --from it, Albany looks like a toy city surrounded by cornfields. And the Stockade area of Schenectady with its houses from the 1600s is just gorgeous.





YOUR WORK

FALL 2024



Apples crisp, with crunch so bright,
Help your teeth stay clean and light.
Their texture works, like nature's brush,
Sweeping plaque with every crush.

With every bite, saliva flows,
Neutralizing what harm bestows.
Washing food from teeth and gum,
Strengthening enamel as it's done.

Their skin, abrasive, scrubs away
Surface stains that try to stay.
Fibers too, in each firm bite,
Boost oral health, keep smiles bright.

Yet apples can't replace the care
Of brushing teeth with daily flair.
Floss and brush, and make it true—
Healthy teeth depend on you!

Barbara Sweet
with ChatGPT assistance



Several years ago, after having dinner with family, our granddaughter, who at the time was five or six, asked why Bernardo and I were leaving so early. When I told her that we had classes the next day and that I had homework to do, she wrinkled up her nose and said, “You have homework?”

“You go to school? Why do you go to school, you’re old?”

I explained that CLS is a place for people who want to keep their minds alert, learn new things, exchange ideas, connect with friends old and new and, thanks to Pegeen and Tom’s preparations, relax with a hot cup of coffee or tea during a lunchtime break.

The same granddaughter, who is now almost fourteen, asks about our classes and truly believes we are not too old to go to school.

Sharon Steinvurzel

What to Do When the Ceiling Fan Crashes Down on the Dining Room Table Two Days Before Thanksgiving and Other Helpful Hints on How to Manage Holiday Catastrophes

The benefit of aging is experience. And, the older you get, the less likely you are to experience a disaster that you haven't already experienced before. We all know that as Thanksgiving Day approaches, the odds that a disaster will happen increase dramatically and in direct proportion to the number of minutes left until the meal is safely in the tummies of your family and guests. I thought I would share with all of you, one of the helpful hints in my personal "Guide to Preventing Unforeseen Catastrophes from Ruining Your Holiday, the Next Time They Happen."

So, what do you do on the Tuesday before Thanksgiving when your 50-lb light/fan plummets from the ceiling on to the center of your cherry dining room table, while you are polishing the table?

1. Lean backward really, really far and fast to avoid a collision between your head and large light fixture attached to the ceiling fan, while dodging fan renegade blades.
2. Shout to your spouse, "Turn off the power to the dining room! The ceiling fan just landed on the dining room table!" Repeat as many times as it takes for your spouse to hear you, say, "What?" and "Why?" and then flips the circuit breaker.
3. Make sure that the circuit breaker chosen actually turns off the power to the ceiling fan in the dining room and not the ceiling fan in the bedroom. (It may have been improperly marked by the electrician during the bathroom remodel.) This may take anywhere from 2 to 15 minutes depending on how many circuit breakers you have that are mis-marked. Count on it taking 15 minutes.
4. Text a "911" to your reliable family electrician (NOT the electrician who installed the 50-lb ceiling fan a year ago).
5. Grab the Swiffer duster and clean the ceiling fan and light bowl so that the electrician won't notice that you haven't dusted it in at least 6 months.
6. Do NOT try to lift the 50-lb ceiling fan off the table or let your spouse try to lift the 50-lb ceiling fan.
7. When the electrician says he can't come until Friday, lift the 50-lb ceiling fan off the table, with your spouse.
8. Ignore the deep gouges in your mother's cherry dining room table that you treasure just because it was hers. The table pad and tablecloth will cover it until you can get Ethan Allen over to fix it. (You can still pray Ethan Allen can fix it.).
9. Put on the table pad immediately. It will help you forget the gouges.

10. Proceed with preparations.

FALL 2024

11. On Thanksgiving, be thankful that the fan wasn't rotating on "high" while you all were sitting around the table enjoying Thanksgiving dinner when it decided to dive into your dining room table.

Add it to your "Guide to Preventing Unforeseen Catastrophes from Ruining Your Holiday, the Next Time They Happen."

HAPPY THANKSGIVING, DEAR CLS MEMBERS! I AM SO VERY THANKFUL FOR YOU!



TURKEY

Andrew Trimboli

I recently completed a two-week adventure to Eastern Turkey . Cities included Antep, Mardin , Van and Kars. This was a delightful and fascinating trip through the history of ancient cultures and religious beginnings. The trip took us along the Syrian, Iranian and Armenian borders. Highlights included the Deyrulzafaran monestary -- a 5th-century Syriac Orthodox structure -- and Dara Ancient City, an important 5th century settlement on the Silk Road and home to Roman soldiers, thousands of whom are buried there. Other visits included Zeugma Antique city -- a Hellenistic turned Roman City along the banks of the Euphrates -- in unearthing astounding Roman mosaics; Hasankeyf, a middle Bronze Age town flooded in the Tigris Dam project with current residents relocated to a newly built city along the Tigris banks and trying to survive; and Ani, at its height in the 11th century a city of 100,000 and capital of Armenia abandoned in the 17th century. We heard the Lord's prayer sung in Aramaic, the tongue of Jesus, and believe it or not -- the jury's still out -- the resting place of Noah's ark on the mountains of Ararat!

For me the best highlight was Gobeklitpe, a Neolithic-age active archeological site dating back 11,000 years where ancient farming communities emerged, full of massive carved stones by prehistoric people.

These were only a few of the sites we saw - We experienced the interplay of Christian and Muslim religions, many bazaars, delicious food and wow -- the baklava!! A wonderful trip!!

Noah's Ark



Hasankeyf



Gobeklitpe



School kids practicing English





FALL 2024

OPINION by Herb Sweet

Contemporary Values

Equality, capitalism, freedom, individuality – these all are values of our times. I'm not writing to challenge any of these, but instead, to consider their sources and the alternatives.

Our generation sees its values as having been produced by its own enlightened thinking, that the past generations were ignorant and the future will just be a continuation of the present. But, then again, prior generations thought the same way.

A closer look will show that all of these values evolved as counters to their opposites but none of them are workable in their absolute senses. Consequently, as those limits are approached, the value becomes understood to be unworkable and a reversal starts.

Each of these, of course, is a subject of its own and needs to be understood in its historical context and even in its prehistorical context. Understanding this is a path to balance and stability.

To start our analysis, let's consider a very strong value of our times – gender equality. Most of us believe that we all should be free to choose any path that we wish without constraint. We observe that most work no longer requires great strength, and equality under the law is a value that we cherish. We all now believe that, as psychologists put it, we have the 'agency' to choose our own paths.

But this was not always so in both the recent past and the very distant past. The gender paths were not the same and that was mostly due to our physical nature and the demands of the times.

But that is over now, so why can't we just change? After all, as the rugged individualists that we perceive ourselves to be, why can't we simply go any route that we want to regardless of our gender? That seems logical and reasonable.

Evolutionary Psychology

What is logical here is not necessarily psychologically comfortable, and the new science of Evolutionary Psychology states that, not only have all creatures, including us, physically evolved to adapt to their environments, but their behaviors have adapted as well. Furthermore, unless new environmental pressures arise, those archaic behaviors will persist.

To illustrate, many young children have a fear of the dark and the monsters that abide there. This is not something that they have been taught. So just where did this come from? To answer that, we need to consider the prehistoric natural environment. Nights were, of course, dark and vision was limited. Limited for us but not the predators who wanted to eat us. This fear of the dark became a rational evolved behavior which never will go away unless some environmental change makes not being afraid of the dark have a new survival benefit.

Another excellent example is the difficulty of finding fat to add to the diet for our hunter-gatherer predecessors. Those that survived to pass on their genes developed a taste for the substance. So here we are now awash in fats and recklessly consuming them even though we intellectually know that will have very bad consequences. This says so much about inherited behavior as opposed to rational behavior!

Also, it is amazing how scientists have learned from the distant past from remains and artifacts, but that can take us just so far. We can also speculate on what life must have been like by examining the few remaining hunter-gatherer tribes and what behaviors would have been needed in the times of their predecessors that they seem to be continuing.

The examination of the few remaining African Bushmen shows a very primitive hunting style. While their prey can run faster than they can, they can run longer. Eventually, they track down the exhausted prey and kill it. So to do this takes a strong body with lots of endurance. It also must have taken a lot of nerve to have killed those animals with bare hands as they did before the stone age. Throwing stones, BTW, according to the evolutionary psychologist Bill Von Hippel, was the most important killing technique to ever have been invented. We could now kill at a distance.

Humans and their predecessors uniquely evolved to meet the demands of their environment with brain instead of brawn. This required a long period of time for the offspring to reach maturity and therefore, lots of care. In addition, infant survival was very remote from our new insulated world. The perils included famine, war, disease, and predators. The only behavior that consistently produced a subsequent generation was, basically, serial pregnancy. And, considering life expectancy, this had to start at a young age. This is reflected in religious Confirmations and Bar-Mitzvahs where adulthood is deemed to start at puberty.

We also understand that the physiology for producing babies is radically different than that for running down and killing game. We even used to call it a 'delicate' condition. Joining the running hunts and contributing to the hands on killings would have contributed to miscarriages or worse.

Conclusion

This is the origin of gender specialization for humans. It is our inherited behavior, and we are now attempting to override these behavioral inheritances with our intellect. It will, of course, come to a head and future generations will be amused by our sense of self aggrandizement and how we have attempted to backwards project our contemporary values.

If "backwards projecting the contemporary view" is a new idea to you, consider how Jesus has been portrayed to look more like a European than a Palestinian! Or consider how benignly the hero in a historical movie treated his prisoners. The villain certainly did not! Does this all mean that we are forever locked into a caveman mentality? Well, I would hope not. But it should help us understand our limitations.



CURRICULUM

CREATIVITY

CLASSES

FALL 2024

“What is STEM?”

“It wasn't just crochet we were practicing, it was friendship”

“The pool...REALLY?”

Come Hear Our Stories!

GROGH&T

Women stitch together friendship in fall crochet class

Third time was the charm for 12 women who took the 2024 fall crochet class. After taking the class in fall of 2023 and again last spring, they signed up once again for a class taught by Candace Pisterzi (seated center in the photo at the end of the article) and wound up creating a crochet community.

If you look hard enough, you can see some of what students made during the eight-week course. I'm last one on the left, holding up something so small you probably can't see it, but trust me, it's there.

Candy was such a patient, encouraging and kind instructor that we couldn't help but learn. In fact, when we begged her last May to teach crochet again, she kindly obliged this fall.

Things became goofy along the way as we got to know each other better. While Candy taught us stitches, we started joking about our struggles and mistakes. We were in stitches in more ways than one.

By the end of the spring semester, we were having such a good time while we were learning that Candy volunteered to teach again as long as we were willing to stay together as a group for fall 2024. Not only were we willing – we were applauding.

This semester was the best of all. It must have taken hours for Candy to plan it so well. She taught us stitches that matched our differing skill levels and helped us learn techniques used in other stitches. She also wrote patterns so we could practice what we learned, creating pieces during the course that we could sew together to create anything from a potholder to an afghan.

Our hard-working class manager Ginny Fidler (next to me in the back row, third from left) tested the stitches and proofread Candy's patterns. For one new stitch she had to restart the project 18 times before she finally got it right! (I'm not sure she'd want me to tell you that, but she was generous enough to share it with the rest of us to help us feel better about our own problems.) After each class, she emailed the handouts from the lessons to all class members, so anyone who missed class could still keep up.

When the task seemed especially challenging, Ginny suggested we form a "study group" on Mondays to help each other while we practiced our skills. I'll bet Candy, a retired teacher, never had so many students who actually did their homework.

As we talked and worked, we weren't only building skills, we were building a community. We really got to know each other as we helped one another with our stitches, and with our problems. (I'm not telling – what happens in crochet stays in crochet.)

Even though an advanced course won't be offered this spring, our group will continue to meet on Wednesday afternoons. We're also planning a reunion in January so we can show off the finished projects we started in Candy's class. I can't wait to show my classmates my work.

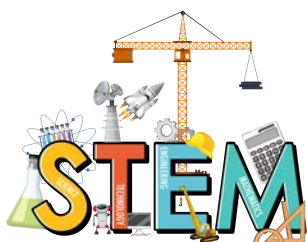
I've learned much more than crochet from my new friends. Along with everything else, I've also learned a great way to meet people at CLS – take small classes that involve hands-on learning. I plan to take a new small class in the spring. You should, too. We can meet up.

Want to join our crochet group? Email me at bgood527@aol.com for details and to get added to our email list.

Barbara Goodman



The Chronicle would like to nominate Ginny Fiddler for being an outstanding support to the instructor and to her classmates. She has demonstrated caring to each and every one of us to help in any way she can. As class instructor Candy Pisterzi said, “she was a great asset to our class.” Thank you, Ginny!



What is this “STEM”?



You may have noticed that there's a new curricular grouping in the CLS catalog for the fall 2024 semester. It's called STEM, which is shorthand for courses developed under the auspices of the STEM Studies Curriculum Committee. Okay, but what's “STEM”? It's a shorthand way of grouping a number of related disciplines, to wit, **S**cience, **T**echnology, **E**ngineering and **M**athematics.

The reason behind the change is to make the former Science Curriculum Committee more inclusive and its title more descriptive of the kinds of courses the committee offers. In fact, if you are interested in contributing to this committee, please contact Leathem Mehaffey at leathemiii@gmail.com, or any member of the committee listed in the catalog.



Arts & Literature Curriculum Committee

Readers Theatre with Christine Crawfis

Readers Theater has offered CLS members the opportunity to experience great theater stripped to its essence: the playwright’s words. Each week CLS members enjoyed readings from different works of classic and contemporary playwrights performed by actors from the County Players under the direction of Christine Crawfis. The last class was a joyful event with the talented actors extemporaneously reading materials handed to them by class members.

The Art & Craft of Writing and Storytelling’s Open Mic with Linda Rappaport

Each semester, members of the Art & Craft of Writing and Storytelling have shared one of their memoirs with the CLS community at the end of the semester with an Open Mic event. The audience has enjoyed hearing these personal stories from their fellow CLS members.

Floral Design with Dot Chenevert

Professional floral designer Dot Chenevert has shared her experiences as a business owner and designer for the floral industry. While doing an arrangement, she discusses the care and handling of flowers, how a particular arrangement is designed and other aspects of the floral industry. Each week a lucky winner took home the handsome arrangement.

Writing Poetry with Craft and Courage with Dr. Lucia Cheri

A new class, Writing Poetry with Craft and Courage, was introduced to CLS this semester. Dr Lucia Cheri, author of six poetry books and the 2023-2022 Dutchess County Poet Laureate, shared her expertise with a small intimate class. Three of her students went on to read their poems at an Open Mic event hosted by a local library.



After a productive semester, the Audio-Visual committee has wrapped up its efforts, having successfully made over six hundred and forty wired connections of various types to ensure seamless presentations in all classrooms. Throughout the semester, the AV Committee worked tirelessly to ensure that all four rooms had functioning equipment facilitating engaging presentations for CLS members. Additionally the committee had to adapt to a change in the storage location requiring them to transport the gear much further to the elevator for Rooms A and B. Their dedication to teamwork was evident throughout the semester as witnessed by their early arrival to set up the equipment and late departure to store it after classes were over. CLS members should express their gratitude to the committee members, recognizable by their blue badges, for their efforts through the semester.

Lou Newman

THANK YOU

Fall 2024 CLS Presenters

Howard Adams
David Bean
James Bennett
Duane Beyer
Dr. Richard Born
James Challey
Dot Chenevert
Lucia Cherciu
Anne Constantinople
Christine Crawfis
Melissa Dvozenja-Thomas
India Edghill
Linda Elger
Donna Fisher
Jean-Claude Fouere
Jodi Friedman
John Gavin
Leslie Gerber
Jacqueline Goffe-McNish
Christa Hines
Ken Huth
William Joel
Brian Jones
Cathy Law
Linda Lebensold
Stephen Masri
Anne Matheus
Darcy McCourt

Leathem Mehaffey
Barbara Mindel
Dr. Lee Miringoff
Chuck Mishaan
Esther Odescalchi
Susan Olin-Dabrowski
Sandra Opdycke
Christopher Parks
Alan Perlman
Candace Pisterzi
Kelsey Ponesse
Ange Rapa
Linda Rappaport
Darlene Resling
David Roberts
Frank Rubin
Dr. Martin Schaffer
Dominic Schepis
Jacqueline Seidel
Mary Ann Sweeny
Herb Sweet
Ken Topolsky
Aaron Twitchell
Thomas Walker
Andy Wilson
Lisa Wilson
Amanda Yanzek

Fall 2024 Class Managers

Barbara Goodman
Barbara Mindel
Barbara Sweet
Barbara Van Itallie
Beth Kennedy
Carol Strauss
Cathy Kinn
Elizabeth Harrel
Gil Seligman
Ginny Fidler
Jackie Seidel
Joanne Pelletier
John Scileppi
John Wargo
Judith Elkin
Kay Saderholm
Laura Coons
Leathem Mehaffey
Leonard
Turkenkopf
Lillian Bono
Linda DeRosa
Martin Charwat
Merrilee
Osterhoudt
Michelle Keeley
Sue Osterhoudt
Tricia Sims
Wilma Schmidt

DOT'S FLOWER CLASS

FALL 2024



The Gift of Learning!

Are you looking for the perfect gift for a family member, a friend or a special person in your life? A gift for that person on your gift list that already has everything? Or, maybe the perfect gift for yourself?

Consider the gift of membership to the **Marist College Center for Lifetime Study (CLS)**!

When you give the gift of **CLS membership**, you're giving someone you care about the gift of learning, intellectual and social interaction, group activities, and a sense of community.

A half-year **CLS Membership** (Jan 1st to June 30th, 2025) is **only \$150**. Contact the CLS Office

today

to finalize your gift of CLS membership then cross one gift off of your holiday gift list.





Joyous Holidays from CLS!

Marist College Center for Lifetime Study

Phone: (845) 575-3902 | Email: MC.CLS@marist.edu

Members must be aged 55 or older, have access to email, the internet, and access to a smartphone or other smart device.

Membership Includes

-  A virtual mini-semester in January 2025 by Zoom and an eight-week session in Spring 2025 (April & May). Subject matter is drawn from arts and literature, social sciences, life and leisure as well as science, technology, engineering and math.
-  There is a wide range of course offerings. Classes have included such topics as art, computers, current events, economics, gardening, history, healthcare, law, literature, music, poetry, politics, religion, science and travel.
-  Special events may take the form of lectures, day trips, and visits to exhibitions or museums.
-  Access to various Marist College events and programs as well as access to the James A. Cannavino Library, the McCann Center pool, and the Marist Bookstore - Barnes & Noble.

If you are interested in joining the **Marist College Center for Lifetime Study** or would like more information email: MC.CLS@marist.edu or call (845) 575-3902
Visit our website: www.marist.edu/professional-programs/cls



CLS Welcomes New Members

Bob Abrams
Debbie Alleyne
Mary Amandolare
Eileen Colclough
Diane Crawford

Edward Crawford
Roni Gardner
Elizabeth Hoffman
Pat Johnsen

Ray Jung
Donna Matthews
Bea McCormick
Eric Perfecto

Jeannette Saunders
Denise Walden
May Wong
Alice Wong



CLS Ladies' Tea

Let's *"SPILL THE TEA"* together!

When: Saturday, November 16th | Time: 1:00 - 3:00 PM

Where: Locust Grove, 2683 South Rd, Poughkeepsie, NY 12601

Cost: **Free** * pre-registration is mandatory by Nov. 8th

*BUT, you MUST bring a potential new member



Let's *"SPILL THE TEA"* about CLS! CLS is an amazing organization delivering quality programming with opportunities for extended learning, trips to local and regional venues, social activities and access to many Marist College events and use of the McCann Center Pool and the James A. Cannavino Library.

Hats OFF to CLS — Hats ON for CLS

Let's have some fun!

Wear your favorite hat.

Be it frilly, elegant, funny or just an expression of

YOU!

Bring your favorite tea cup!



"Spill the Tea" Definition

"Spill the tea" is a phrase that refers to sharing news, secrets, gossip, or the truth. It's like telling someone to "Spill the beans" or "Share the latest news." You can use "Spill the tea" to ask someone for information or tell people you have juicy or intriguing news to share.

CLS Annual Winter Holiday Social

Tuesday December 3rd

1:30 PM - 4:00 PM

at Locust Grove

MUSICAL PERFORMANCE

by Guest Cellist, Alex Prizgintas

Hors d'oeuvres Buffet Catered by Sugar & Spice

Chef Billy Turner

(menu items also posted on CLS website)

Alcoholic and Non-Alcoholic Beverages, Tea & Coffee

\$35 pp

Non-Members are Welcome!

Tables can be reserved for 8-10 guests

REGISTRATION OPEN

125 attendees maximum

Reservations & Payments Due by November 21



CLS Annual Winter Holiday Social

Menu

Fresh Winter Vegetable Crudité Basket with
Tri Color Chips/Rosemary Dusted Pita Triangles

Roasted Butternut Squash Hummus

Sun Dried Tomato & Roasted Pepper Dip

Cranberry Chicken Salad Profiteroles

Classic Deviled Eggs/Caviar/Fresh Dill

Grilled Flat Crust Pizza/Fresh Mozzarella/Basil/Balsamic Glaze

Chicken/Roasted Corn/Black Bean/Cilantro/Phyllo Cups

Roasted Butternut Squash Cappuccino

Pumpkin Ravioli/Brussel Sprouts/Shitake Mushrooms/
Butternut Squash/Sage/Brown Butter

HOLIDAY BEVERAGES

(alcoholic & non-alcoholic)

SOFT DRINKS

COFFEE, TEA

