

# 2018 FALL LLI Bard College Lifetime Learning Institute

## LLI

### Mission Statement

The mission of the Lifetime Learning Institute at Bard College is to:

- provide enriching educational and social experiences in a community of mature adults by offering noncredit and noncompetitive courses under the sponsorship of Bard College;
- encourage members to volunteer, according to their individual skills and interests;
- share ideas and experiences with students of all ages.

### About

LLI is affiliated with the Road Scholar Institute Network, a national organization that facilitates communication with similar groups. LLI is an all-volunteer, member-run organization that encourages active participation. Our presenters volunteer from our membership, the community, and the Bard faculty. LLI organizes two seven-week semesters, a winter intersession and a summer series, and occasional special events.

### Donations, Grants, and Incentives

- Dean Stuart Stritzler-Levine Seniors-to-Seniors Grant: Five graduating seniors receive grants to help them complete their Senior Projects. A Bard College committee chooses the recipients, who may use the funds as needed. Prior to Commencement, the recipients present their Projects at a high tea hosted by LLI.
- Bard High School Early College Summer Intern Incentive: BHSEC in New York City offers selected students the opportunity to graduate with two years of college credit. During the summer before their final year, students may participate in unpaid internships. LLI provides a small stipend to four students to help with their expenses during this time.
- Bard Center for Civic Engagement (CCE) Community Action Awards: support for student internships, travel, and other costs, and support for other CCE programs.
- Bard College Conservatory of Music: ongoing general support.
- Bertelsmann Campus Center: technical upgrades to conference rooms and classrooms.
- Bard College Studio Arts Program: materials for students.
- Joan Tower Composition Scholarship Fund: general support.

**Note: Late addition course 3E, *Well Well Well (Being Well, Staying Well, Living Well in the Second Half of Life)* can be found on pages 9 - 10 of this catalog.**

### REGISTER AT LLI.BARD.EDU

### CONTACT

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FRIDAY COURSES

**1A. DOES WISDOM STILL MATTER?**

**Fridays: 8:30 a.m. - 9:50 a.m. Cancelled**

**September 14, 21, 28; October 5, 19, 26; November 9**

This class is designed to engage students in an evaluation of the concept of wisdom and how it may be personally relevant. Open-ended questions will be posed, in an open discussion format. Students will be invited to participate fully not only in discussions but also in exercises and research. Two books, *Wisdom: From Philosophy to Neuroscience* by Stephen S. Hall, and *Becoming Wise: An Inquiry into the Mystery and Art of Living* by Krista Tippett, will be required reading.

*Class Limit: 20*

**Presenter: Cher de Rossiter, Ph.D.,**

teaches graduate programs focused on international management and culture for Clark University's School of Professional Studies. In her 35 years with IBM, she managed large international consulting projects. Her current research focuses on wisdom traditions and technologies, and how neuroscience and those technologies are complementary.

**Producer: Marge Moran**

**1B. THE ORIGINS OF ART – PART ONE: EARLY HUMANS**

**Fridays: 8:30 a.m. - 9:50 a.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

This is the first part of a course series based on “how art happens.” The complete series will explore the development of various forms of art: painting, sculpture, architecture, and more, from their origins with early humans to civilizations in ancient Egypt, Mesopotamia, Greece, and Rome, to the Middle Ages and the Renaissance. Part One will focus on the creation of the earth and early human art.

**Presenter: Rudy Hellenschmidt (LLI)**

presented Part One of this course in the

fall of 2013. He is a graduate of SUNY Brockport and SUNY New Paltz, and has taught for 40 years. Passionate about this subject, he has traveled to many of the historic sites discussed in this class and will add his personal experiences and observations.

**Producer: Dorothy Baran**

**1C. STAMP STORIES: AMERICAN HISTORY THROUGH THE MINIATURE LENS OF COMMEMORATIVE POSTAGE STAMPS**

**Fridays: 8:30 a.m. - 9:50 a.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

What are the stories behind the miniature works of art issued by the United States Postal Service? This course offers a unique and often lighthearted tour of American history through the postage stamp lens. Recommended texts are *Every Stamp Tells a Story: The National Philatelic Collection* by Cheryl Ganz (Smithsonian Institution Scholarly Press, 2014) and *A History of America in Thirty-Six Postage Stamps* by Chris West (Macmillan, 2014).

**Presenter: Mark D. Isaacs, M.Litt., M.A., M.Div., S.T.M., D.Min., Ph.D., Th.D., and D.D.,** has been a stamp collector since the age of six. He is pastor of St. Paul's Lutheran Church of Wurtemberg in Rhinebeck and an adjunct economics professor at the Culinary Institute of America. While engaging in postdoctoral work and teaching, he has traveled to Europe, India, and Israel.

**Producer: Dacie Kershaw**

**2A. ADVANCES IN MEDICINE III**

**Fridays: 10:10 a.m. - 11:30 a.m.**

**September 14, 21, 28; October 5, 19; November 9 (No class October 26)**

This third course in the series will focus on current concepts in diagnosis and treatment of the diseases that afflict humans. The class will take the form of a “mini-medical school” for participants as the course looks at new topics in current and emerging treatments in medicine.

**Presenter: Michael Weinstock, M.D., (LLI)**

is chair emeritus, Department of Emergency Medicine at Lehigh Valley Health Network and professor of clinical emergency medicine (retired) at Penn State College of Medicine. A clinician and mentor, he is a Life Fellow of the American College of Emergency Physicians and has an extensive bibliography in medical literature.

**Producer: Leslie Weinstock**

**2B. ADVERTISING: THE AMERICAN WAY OF LIFE**

**Fridays: 10:10 a.m. - 11:30 a.m.**

**September 14, 28; October 5, 19, 26; November 9 (No class September 21)**

Advertising, what John Kenneth Galbraith called the “want-making industry,” is vital to the U.S. economy and also deeply influences American culture. The class will explore the ways in which the evolution of new media—telephone, high-speed printing, radio, movies, television, and the internet—have shaped advertising from the 1920s (when a consumer-goods economy displaced a producer-goods economy) to the present day with the coming of the internet and e-tailing.

**Presenter: Mark Lytle** is the Lyford Paterson and Mary Gray Edwards Professor of History Emeritus at Bard College. He has completed the manuscript for *The All-Consuming Nation: A New History of the United States since World War II*. The book, the inspiration for this class, traces the evolution of U.S. consumer culture while it measures the environmental costs of that culture.

**Producer: Joanne Mrstik**

**2C. HOPE AND OPTIMISM IN RELIGIONS OF THE WORLD**

**Fridays: 10:10 a.m. - 11:30 a.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

Representatives of various religious viewpoints will share their teachings on hope and optimism.

**September 14: Hope, Optimism, and Karma in Hindu Traditions**

**Presenter: Pravrajika Gitaprana** is resident minister, Vivekananda Retreat, Ridgely. The retreat is associated with the Vedanta Society of Southern California.

**September 21: The Goodness of Creation: Hope in the Celtic Christian Tradition**

**Presenter: The Reverend Michelle Meech** is rector of St. John's Episcopal Church in Kingston. She graduated from Church Divinity School of the Pacific in 2010 and was ordained to the priesthood later that year by Bishop Nedi Rivera of Eastern Oregon.

**September 28: Rethinking Hope and Fear: Reflections on Buddhism's Eight Worldly Dharmas**

**Presenter: Dominique Townsend** is assistant professor of Buddhist studies at Bard College.

**October 5: Hope and Optimism in Judaism**

**Presenter: Jonathan Kligler** is rabbi of the Woodstock Jewish Congregation.

**October 19: Practicing for the Messianic Time: The Secret of Shabbat**

**Presenter: David Nelson, Ph.D.**, is campus rabbi and visiting associate professor of religion at Bard.

**October 26: A New Heaven and A New Earth: The Kingdom of God on Earth**

**Presenter: Fr. Salvatore Cordaro, O.F.M., Cap.**, is affiliated with the Capuchin Franciscans and is pastor at St. Joseph's Roman Catholic Church in New Paltz.

**November 9: Unitarian Universalist Approaches to Hope**

**Presenter: The Reverend Erica Baron** is minister of the Unitarian Universalist Congregation of the Catskills in Kingston.

**Producer: Jay Hochstadt**

**2D. LET'S TALK ABOUT ECONOMICS**

**Fridays: 10:10 a.m. - 11:30 a.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

The class will discuss current economic issues from an economic, not a political, point of view. Students will apply the basic principles of economics that appear in every college-level economics textbook to many of the problems that confront society today.

**Presenter: Andrew Weintraub** is a former professor of economics at Temple University, a forensic economist who specializes in estimating the value of lost earnings, a magician, and the founder and past president of The CENTER for Performing Arts at Rhinebeck.

**Producer: Joanne Mrstik**

**2E. THERAPEUTIC YOGA**

**Fridays: 10:10 a.m. - 11:30 a.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

Yoga can be a valuable addition to the toolbox for practices of self-care. This class will highlight different yoga techniques to support healing and health. Topics covered will be yoga for a better back, yoga to relieve stress and anxiety, yoga practices for stronger bones, and yoga for depression. Restorative Yoga, Yoga Nidre, and Open Focus Meditation will be among the techniques introduced.

*Class limit: 24*

**Presenter: Susan Blacker (LLI)** began her yoga teacher training at Kripalu Center for Yoga and Health. Certified to teach since 2002, she continues to take workshops in Yoga of Heart®-Cardiac and Cancer, Healing Art of Yoga, Yoga for a Better Back, and Yoga for Students with Health Challenges. She teaches classes in Woodstock and Saugerties, and gentle yoga classes from home.

**Producer: Jane Diamond**

**3A. BARD MASTERS OF MATH AND SCIENCE**

**Fridays: 11:50 a.m. - 1:00 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

Each week the class will consider an aspect of mathematics or science.

**September 14: The Wild Chimpanzees of Ngogo, Uganda**

**Presenter: Sarah Dunphy-Lelii**, Associate Professor of Psychology

**September 21: Language and Thinking with Code – a student-led workshop**

**Presenters: Students of Keith O'Hara**, Associate Professor of Computer Science

**September 28: How Tadpoles Can Help Us Understand the Brain**

**Presenter: Arseny Khakhalin**, Assistant Professor of Biology (Neuroscience)

**October 5: Climate Change and Agriculture**

**Presenter: Jennifer Phillips**, Bard Center for Environmental Policy

**October 19: Galileo and the Birth of Modern Science**

**Presenter: Matthew Deady**, Professor of Physics and Director of the Physics Program

**October 26: TBD**

**Presenter: Mary Krembs**, Director, Citizen Science; Mathematics Faculty, Master of Arts in Teaching Program; STEM Associate, Institute for Writing and Thinking

**November 9: Time, Space, and Infinity: Mathematical Perspectives on Philosophical Questions**

**Presenter: Steven Simon**, Assistant Professor of Mathematics

**Producer: Cathy Reinis**

### 3B. CHEKHOV'S SHORT STORIES

**Fridays: 11:50 a.m. - 1:00 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

Russian writer Anton Chekhov (1860-1904) was one of the truly great short story writers, and a strong influence on later writers. His work is characterized by its humanity and insight, and his refusal to judge the flaws of his characters. A practicing doctor, Chekhov called medicine his "lawful wife" and literature his "mistress." The class will read and discuss selected stories from the collection *Ward No. 6 and Other Stories* (Barnes & Noble Classics, translated by Constance Garnett).  
*Class Limit: 16*

**Presenter: Victoria Sullivan, Ph.D., (LLI)** earned her Ph.D. in literature from Columbia University and taught English at the college level for several decades. She has published literary criticism, is a radio talk show host, and performs her poetry at a variety of Hudson Valley venues. Seven of her plays received Equity Showcase productions in Manhattan.

**Producer: Margaret Shuhala**

### 3C. THE MUSICIAN IN YOU

**Fridays: 11:50 a.m. - 1:00 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

This course is for those who would like to make music with others, whether or not they have ever played a musical instrument. They'll explore their hidden talents for songwriting by putting their songs to rhythm and melody. They'll learn to create simple rhythms that can be played in countless musical situations and will experience how a professional recording studio works, all while they work with others in a noncompetitive, cooperative, and fun way.

*Class Limit: 20*

**Presenter: Nathan Brenowitz**, a former Juilliard student, is a trumpet player and percussionist who holds a master's degree in counseling. He has studied and performed around the world and has presented at LLI

in the past. He played with the Woodstock Chamber Orchestra and Creative Music Studio Orchestra, and is now a member of the "jazzy blues" band Pops and the Weasel.  
**Producers: Bob Blacker, Dorothy Baran**

### 3D. POUGHKEEPSIE PERSPECTIVE

**Fridays: 11:50 a.m. - 1:00 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

This course will address the social and economic transformation of the City of Poughkeepsie in the context of current issues and opportunities for the city's successful redevelopment. Enrollment in this course is independent of enrollment in the Walking Tours of Poughkeepsie, 6C.

#### September 14: The Mayor's Perspective

Mayor Robert Rolison will discuss Poughkeepsie's progress and current issues in the context of his vision for the city's successful renewal.

**Presenter: Robert Rolison** became mayor of Poughkeepsie on January 1, 2016, having previously served in the Dutchess County Legislature for 13 years, representing the Town and City of Poughkeepsie.

#### September 21: Downtown Plan, Economic Development Strategy, and Rezone Project for Redevelopment

The Poughkeepsie City Center Revitalization Plan, subsequent Main Street Economic Development Strategy, and Rezone Downtown Project are innovative land-use planning initiatives aimed at revitalizing the city by governing the preservation, rehabilitation, and development that occurs in the central business district.

**Presenter: Natalie Quinn** is senior city planner in Poughkeepsie. She joined the city's development team in January 2018 after working with the Pace Land Use Law Center and Kevin Dwarka, LLC, on the conceptual Downtown Plan and Strategy for Redevelopment.

#### September 28: Main Street to Mainframes

The presenter will discuss the history of landscape and social change in Poughkeepsie, leading to his consideration of current issues in the revitalization of the city.

**Presenter: Harvey Flad, Ph.D.**, is a co-author of *Main Street to Mainframes* and a professor emeritus of geography at Vassar College.

#### October 5: Waterfront Redevelopment in Poughkeepsie

A prominent developer will discuss the issues, opportunities, and approved plans for waterfront redevelopment in Poughkeepsie.

**Presenter: Joseph Bonura** is principal of Bonura Hospitality Group, the owner of Shadows on the Hudson, and developer of the Water Club in Poughkeepsie.

#### October 19: Tourism as a Driver of Redevelopment

The presenter will review the actions and impacts of making Dutchess County the premier destination for tourism in the Hudson Valley on the economy and redevelopment of Poughkeepsie.

**Presenter: Mary Kay Vrba** is president and chief executive officer of Dutchess Tourism, Inc., the official marketing organization that promotes Dutchess County's assets to the nation and the world.

#### October 26: Walkway Over the Hudson

The presenter will discuss the impact of transforming a former railroad bridge spanning the Hudson River at Poughkeepsie into a major tourist destination that attracts more than 500,000 visitors annually.

**Presenter: Elizabeth Waldstein-Hart** is executive director of the Walkway. She has served in that position since 2010 and raised more than \$3.1 million to support major programmatic initiatives.

#### November 9: City / County Connections

Adjacent to and within the city, initiatives with Dutchess County will yield future-oriented development, at the former site of



the Hudson River Psychiatric Center, on the waterfront with rezoning, in an Innovation District near IBM, and with the expansion of Vassar College.

**Presenter: Eoin Wrafter** is commissioner of planning and development for Dutchess County.

**Producer: Regina Armstrong**

**4A. AS TIME GOES BY: CASABLANCA DECONSTRUCTED**

**Fridays: 1:40 p.m. - 2:50 p.m.**

**September 14, 21, 28; October 5**  
**(4 sessions)**

Why did the film *Casablanca* become an American classic? Designated by the American Film Institute as one of the top five American films, *Casablanca* celebrated its 75th anniversary in November 2017. The question remains: How did *Casablanca* capture the hearts of film critics and give birth to a fan base that has endured for generations? The answer is complicated. Suggested reading: Noah Isenberg, *We'll Always Have Casablanca: The Life, Legend and Afterlife of Hollywood's Most Beloved Movie* (Norton, 2017).

*Class Limit: 30*

**Presenter: Ernest Giglio** is professor emeritus of politics and American studies at Lycoming College. He has authored two books, edited three others, written eight chapters in other books, and published in U.S. and international journals. He is a Fulbright Scholar and has taught in the United States and in Egypt, England, Finland, and Switzerland.

**Producer: Margaret Shuhala**

**4B. GREAT AMERICAN SONGWRITERS**

**Fridays: 1:40 p.m. - 2:50 p.m.**

**September 14, 21, 28; October 19, 26;**  
**November 9 (No class October 5)**

Instead of covering just the familiar names (Foster, Berlin, Kern, Rodgers, Gershwin, Porter), this course will present less well-known composers, such as Harold Arlen, Harry Warren, Rudolf Friml, Johnny Mercer, and Vincent Youmans. Their best-known songs (sung, ideally, by opera-trained singers) will be heard, along with reports

of what critics have said about their music. Films will be screened, showing part of some of the musicals.

**Presenter: Warren Boroson (LLI)**, a journalist and music critic, is preparing a book about famous opera singers of the past. He has presented several music courses for Bard LLI.

**Producer: Bob Blacker**

**4C. IS DIPLOMACY DEAD?**

**Fridays: 1:40 p.m. - 2:50 p.m.**

**September 14, 21, 28; October 5, 19, 26;**  
**November 9**

What is diplomacy, and how does it work? What is the Foreign Service, its history, transformations, and format today? Is it effective? Obsolete? What is the role of the State Department and its relation to other foreign affairs agencies? What is the role of Congress? Do international organizations (UN, OECD, NATO) help or hinder the achievement of U.S. objectives? The class will compare U.S. and Japanese foreign policy to examine the effect of different histories, cultures, political systems, and national interests.

*Class Limit: 30*

**Presenter: Donald Westmore**, after Columbia University (political science / government) and U. Washington and Stanford (Japanese studies / language), served for 30 years as a State Department foreign service officer, with postings in Japan, South Vietnam, Sri Lanka, and the Philippines (as interim ambassador). In Washington, D.C., he served as deputy assistant secretary for Japan and Southeast Asia, and held other foreign and defense policy roles.

**Producer: Emily Michael**

**4D. OPERA AS POLITICS I**

**Fridays: 1:40 p.m. - 2:50 p.m.**

**September 14, 21, 28; October 5, 19, 26;**  
**November 9**

This is a reprise of Opera as Politics Part 1; it incorporates new material for first-time enrollees and those who would like a review. Opera has been a major art form in Western society for more than 400 years, with much

to say about politics. Participants will examine governmental, sexual, economic, and religious politics as expressed in important operas from the 18th, 19th, and 20th centuries and today. Operatic video performances will help develop political themes.

**Presenter: Chuck Mishaan (LLI)** has been an opera aficionado since the days of \$2.00 tickets at the old Metropolitan Opera House. He appeared in a nonsinging role on stage at the new Met, where he is a regular attendee. He was an adjunct professor at NYU, lecturing about technology and its impact on health care, and he now consults with health-care providers on automating their clinical practice.

**Producer: Chuck Mishaan**

**4E. TAI CHI**

**Fridays: 1:40 p.m. - 2:50 p.m.**

**September 14, 21, 28; October 5, 19, 26;**  
**November 9**

Tai Chi is a blood-freshening moving meditation and slow-motion martial art. It helps promote longevity and increases cognition, strength, confidence, balance, and flexibility. These gentle, stress-lowering exercises allow the chi, or life force, to follow the blood in the body, rather than stagnate. Tai Chi helps heal from the inside out.

**Presenter: Annie LaBarge (LLI)** is a poet and painter who has taught art at the high school and college level. She studied Tai Chi with Joe Mansfield, Margaret Cheo, and Michael Porter. She teaches in HealthAlliance Hospital's Oncology Support Program. Her background includes all three of the *yan* forms of Tai Chi.

**Producer: Jane Diamond**

**4F. SMARTPHONE DOCUMENTARY PRODUCTION**

**Fridays: 1:40 p.m. - 2:50 p.m.**

**September 14, 21, 28; October 5, 19, 26;**  
**November 9**

This course will examine effective documentary styles and show how to generate ideas, plan, storyboard, shoot, write, and edit videos with iPhones or

Androids. Editing is best done on a desktop computer or laptop, and students will learn basic yet effective editing techniques. A digital SLR or camcorder can be used to videotape, but using a smartphone is the fun part of this course. The result will be a two- to three-minute documentary.

*Class Limit: 15*

**Presenter: Gary Miller (LLI)** is an award-winning photojournalist, writer, filmmaker, communications consultant, and live television director with over 40 years of experience with corporate and editorial clients, exhibitions, and galleries. He was the youngest staff photographer for Eastman Kodak. He has taught freelance photography at The New School and is the author of a book on the same subject.

**Producer: Dorothy Baran**

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#### 5A. THE ACT OF SEEING: A CRITICAL REVIEW II

**Fridays: 3:10 p.m. - 5:00 p.m.**  
**(Note extended time)**

**September 14, 21, 28; October 5, 19, 26; November 9**

Making a photograph captures more than personal memory. This class is designed for the hobbyist or advanced photographer seeking to expand and harness vital visual-language skills; it expands on the Fall 2017 course. Discussions about classical art and photography AV presentations are combined with weekly photo assignments. Students may use any camera / phone and must have basic camera skills. They must produce prints for weekly assignments (color or black and white, photographic or inkjet) no smaller than 5" x 7".

*Class Limit: 20*

**Presenter: Lauren Piperno (LLI)**, photographer and educator, has taught at the International Center of Photography, Parsons School of Design, Center of Photography at Woodstock, and SUNY New Paltz. She has work in the permanent collections of MoMA (NYC), Brooklyn Museum, and Bibliotheque Nationale (France). She has received numerous awards, including an American-

Scandinavian Fellowship. She is coauthor of *Masked Culture: The Greenwich Village Halloween Parade*.

**Producer: Dorothy Baran**

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#### 5B. FAIRY TALES AND ME

**Fridays: 3:10 p.m. - 4:30 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

People have told fairy tales for millennia as a way to process their experience. Before collected in books or films, tales came from a single person's heart. Once shared, they joined a sea of stories that persist to this day. Students will look at the structure of fairy tales to help find and express their own story orally or through writing or art. This is a class for explorers of the human spirit, who need not be writers or artists.

*Class Limit: 20*

**Presenter: Patty Kane Horrigan** is a writer, teacher, and counselor whose fairy tale classes help others find the deeply personal riches buried within. She encourages people to explore uniquely magical moments from their childhoods.

**Producer: Margaret Shuhala**

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#### 5D. WOMEN IN MUSIC: HONORING JOAN TOWER AT 80

**Fridays: 3:10 p.m. - 4:30 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

This course looks at the significant contributions made by women in a variety of musical areas, including composition, conducting, music theory, jazz, organ music, and brass. The presenters are colleagues and students of Professor Tower.

##### **September 14: Women in Jazz**

**Presenter: Erica Lindsay**, musician (saxophone, flute) and composer, artist in residence at Bard College, has played at prominent jazz festivals worldwide.

##### **September 21: Women Organists**

**Presenter: Renée Anne Louprette**, renowned concert organist and collaborative keyboardist, has established an international career as liturgical musician, conductor, and teacher.

##### **September 28: Women Composers of the Past**

**Presenter: Peter Laki**, musicologist at Bard College, has published numerous articles, presented papers worldwide, and edited *Bartok and His World*.

##### **October 5: Women Composers of the Present**

**Presenter: Joan Tower**, recipient of numerous awards, is "widely regarded as one of the most important American composers living today" — [musicalsclassical.com](http://musicalsclassical.com).

##### **October 19: Women in Music Theory**

**Presenter: John Halle**, composer, music theorist, and scholar, is director of studies in music theory and practice at Bard College.

##### **October 26: Conducting and Women Conductors**

**Presenter: Harold Farberman**, composer, conductor, percussionist, and founder and first president of the Conductors Guild, has conducted leading orchestras worldwide.

##### **November 9: Women and Brass**

**Presenter: Hsiao-Fang Lin**, a Bard College graduate in trombone performance, is assistant orchestra manager at the Bard College Conservatory of Music and for The Orchestra Now.

**Producers: Emily Michael, Jane Diamond**

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#### 5E. DIFFICULT DISCUSSIONS: A WORKSHOP

**Fridays: 3:10 p.m. - 4:30 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

Participants will develop a set of norms that will facilitate discussion of difficult topics, such as family, society, business, religion, and politics. Participants are encouraged to propose topics for examination and discussion; the class will discuss such topics to create learning experiences. Critical thinking, Socratic method, and related learning approaches will be used where applicable. Articles from current media may be used as sources.

*Class Limit: 16*

**Presenter: Ollie Johnson (LLI)** holds B.S. and M.S. degrees in engineering. His teaching and facilitating experience includes managing an international Systems Research Institute, developing and teaching breakthrough techniques to product development teams, coaching executive teams, and working with industry and nonprofits to achieve challenging transitions. He has taught three single-presenter courses at LLI and co-presented a discussion course.

**Producer: Dorothy Baran**

## OFF-FRIDAY COURSES

### 6A. AROUND BARD

**Tuesdays: 10:30 a.m. - 12:00 p.m.**

**September 18, 25; October 2, 16, 23**

**(5 sessions)**

Participants will visit selected Bard facilities, led by Bard staff and / or faculty. Specific dates for each facility will be scheduled in early September: Bertelsmann Campus Center and Trustee Leader Scholar Program; Montgomery Place and Bard College Food Program; Richard B. Fisher Center for the Performing Arts; Chapel of the Holy Innocents and Center for Experimental Humanities; Reem-Kayden Center for Science and Computation and the geothermal heat exchange system.

**Producers: Cathy Reinis, Dorothy Baran**

### 6B. HIKING

**Wednesdays: 9:30 a.m. - 1:30 p.m.**

**(approximately)**

**September 26; October 3, 10, 17, 24**

**(5 sessions)**

In five hikes in the Catskill Mountains, the less difficult hikes will be offered first. Rest stops and a lunch break will be part of every hike. Carpooling is encouraged, from the Rhinebeck and Ulster sides of the Kingston-Rhinecliff Bridge. Specifics will be emailed before the first hike. Hiking locations will include Devil's Kitchen, Lake Minnewaska, Overlook Mountain, Huckleberry Point, and North Lake.

*Class Limit: 25*

**Presenters: Diana Zigenfelder (LLI) and Jon Wechsler (LLI)**, both avid and experienced hikers, have led many hikes for LLI.

**Producer: Joanne Mrstik**

### 6C. WALKING TOURS OF POUGHKEEPSIE

**Thursdays: 10:00 a.m. - 12:00 p.m.**

**September 20, 27; October 4, 25**

**(4 sessions)**

Walking tours of the Poughkeepsie Downtown Plan District, historic sites and buildings, waterfront, and Walkway Over the Hudson will be scheduled before the corresponding Friday lectures. The schedule includes the following four tours, which will be conducted in part with docents and personal cell phones that can download mobile apps (e.g., iPhone). Two tour dates have a cost of \$5 each, as noted below.

#### September 20: Poughkeepsie Downtown

A walking tour that encompasses the Roosevelt-inspired post office, matching Dutch-style *Poughkeepsie Journal* office building, Middle Main District of downtown, Poughkeepsie Trolley Factory and Poughkeepsie Underwear Factory, renovated and reused by Hudson River Housing, Inc. Using a mobile app, the tour group will be accompanied by a docent from Walkway Over the Hudson (WOTH) and, if available, Natalie Quinn, the city's senior planner. \$5 per person.

#### September 27: Poughkeepsie Culture

Driving to the Frances Lehman Loeb Art Center at Vassar College, participants will view the gallery collections and new exhibitions. Cars can then be parked at the Poughkeepsie Civic Center garage while participants take a self-guided tour of the Cuneen-Hackett Arts Center, Vassar Street; Glebe House (if open), Main Street; and Bardavon 1869 Opera House, Market Street. Only parking costs are anticipated.

#### October 4: The City's Front Porch

A walking tour of the Poughkeepsie waterfront, guided by a booklet prepared by the Dutchess County planning commissioner for a recent American Planning Association tour and

supplemented by a WOTH Discovery Zone mobile app that presents the history of Poughkeepsie's waterfront development, including the original Vassar Brewery and Upper Landing Park. No cost.

#### October 25: The Walkway Over the Hudson

The walk will be accompanied by a WOTH docent and mobile app that describes the bridge restoration, state park designation, historic sites of the Catskill Mountains, Fall Kill, and Hudson River assets. \$5 per person.  
*Class Limit: 12*

**Producer: Regina Armstrong**

## SATURDAY COURSES

### 6E. THE PROMISE AND PERILS OF THE FIRST AMENDMENT

**Saturdays: 11:50 a.m. - 1:10 p.m.**

**September 15, 22, 29; October 6, 20;**

**November 10 (6 sessions)**

**Bard campus**

This constitutional law class examines the First Amendment to the U.S. Constitution from the competing forces surrounding its adoption, through defining Supreme Court cases and current policy debates. Students will "try on" the views and passions that create First Amendment jurisprudence in this interactive class. Whatever one's political leanings, this particular freedom is one of the most cherished and important definitions of Americans' rights. We'll take careful measure of its power and its fragility.

**Presenter: James Rogers** is deputy commissioner for worker protection at the NYS Department of Labor. He previously served as senior advisor and special counsel to the attorney general and to the deputy attorney general for social justice under Governor Andrew Cuomo. He worked for 10 years as a public defender and was president of the Association of Legal Aid Attorneys.

**Producer: Jane Diamond**

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18

FALL

LLI

Bard College

# Lifetime Learning Institute

## 6F. FUN WITH BOOKBINDING

**Saturdays: 10:00 a.m. - 12:00 p.m.**

**September 15, 22, 29 (3 sessions)**

### Artist's studio in Tivoli

In this workshop, participants with no previous bookbinding skills can learn to make several inventive, useful, simple books and related structures that they will be able to duplicate at home, with no special equipment. A materials fee is required (amount to be determined, depending on number in class).

*Class Limit: 8*

**Presenter: Mindell Dubansky** is the preservation librarian for the Metropolitan Museum of Art libraries. She is an artist, writer, blogger, and educator of the book arts. She has established a studio in Tivoli that offers bookbinding and conservation services and workshops.

**Producer: Linda LeGendre**

## CURRICULUM COMMITTEE

Anne Sunners, *Chair*

Irene Esposito, *Secretary*

Regina Armstrong

Dorothy Baran

Bob Blacker

Anne Brueckner

Jane Diamond

Ellen Foreman

Dacie Kershaw

Claire Luse

Emily Michael

Chuck Mishan

Marge Moran

Joanne Mrstik

Cathy Reinis

Margaret Shuhala

Bill Tuel

Leslie Weinstock

## CATALOG COMMITTEE

Bill Tuel, *Chair*

Deborah Lanser

Grace Murphy

Margaret Shuhala

Betsy Tuel

## TO REGISTER

Register online between August 1 and August 15. To register, visit the LLI website: [lli.bard.edu](http://lli.bard.edu). If you are unable to access the LLI website, call LLI at 845-758-7314; leave your name and telephone number, and someone will call to assist you.

## MEMBERSHIP & FEES

Annual membership is \$175 per person, nontransferable. The membership year runs from July 1, 2018, through June 30, 2019. Only LLI members may attend classes. Members may not bring guests to classes or Off-Friday events. The membership fee does not include books, transportation, entrance fees, or use of the Stevenson Gym at Bard.

## TO APPLY FOR MEMBERSHIP

To join LLI, use the link at our website, [lli.bard.edu](http://lli.bard.edu). Applications for membership are considered in June of each year.



### **3E. WELL WELL WELL (BEING WELL, STAYING WELL, LIVING WELL IN THE SECOND HALF OF LIFE)**

**Fridays: 11:50 a.m. - 1:00 p.m.**

**September 14, 21, 28; October 5, 19, 26; November 9**

Midlife and beyond bring both pleasure and pain. For most of us, it is a time of great transition. Staying well while dealing with aging requires new knowledge and strategies for taking care of our selves, physically and emotionally. This course will delve into several areas that present unique challenges at this point in our lives. Professionals in the disciplines of nutrition, fitness, psychology, and healthcare will present.

#### **September 14: Wellness Redefined**

As our knowledge and understanding of aging evolves, so too does our ability to manage our lives and health in such a way as to remain vibrant, purposeful and engaged. New knowledge on the science of aging will be presented.

**Presenter: Leslie K. Malin, LCSW, ACSW**, is a practicing psychotherapist and life/career transition coach, public speaker, and author. Her company, Alchemy of Aging, addresses the joys, challenges, losses and gains in the second half of life.

#### **September 21: Living Well Nutritionally**

Insights into and strategies for healthy nutrition and diet in the second half of life will be presented.

**Presenter: Roufia Payman, DT, CDN**, is director of outpatient nutrition education at Northern Dutchess Hospital.

#### **September 28: Wellness and Fitness**

This session will focus on keeping fit while managing physicality, mobility and balance.

**Presenter: John Roger, PT, DPT**, is partner and director of MOST Physical Therapy in Rhinebeck.

#### **October 5: Stress and Living Well**

Constant exposure to stress can take a toll on your health and well being. This session will focus on strategies to become aware of and to reduce stress in your life. The presenter will introduce and discuss the intersection of creativity and stress relief with an experiential art making activity.

**Presenter: Alix Sugarman, MPS, LCAT, ATR-BC**, is a licensed creative arts therapist with a private practice in Red Hook. She specializes in helping adults and children use the creative process to gain insight about themselves, their goals and their relationships.

#### **October 19: Being Well Around Caregiving**

Whether you're currently a caregiver to a loved one, anticipating becoming one, or care about someone who is a caregiver, this session will address the ins and outs of the caregiving experience. Discussion will address the important role that family caregivers play, and provide helpful tips for managing the responsibilities of caregiving while prioritizing self-care and life balance.

**Presenter: Allison Gould, LCSW, Social Worker, Center for Healthy Aging, Rhinebeck**

**October 26: Wellness and Health**

As a geriatrician, Dr. Friedman specializes in the unique health needs of seniors including chronic diseases, mobility difficulties, cognitive loss and memory impairment. She will discuss the use of multiple medications and the adverse effects of common medications.

**Presenter: Jodi Friedman, MD, medical director, Center for Healthy Aging, Rhinebeck**

**November 9: Creating a Legacy**

Being responsible for our wellness includes taking an honest look at some important life questions. This is a time to look back and forward and ask our selves “Who am I now?” “What do I still want to learn about myself?” “What do I want to give?” “How do I want to be remembered?” This session will explore ways to discover and define the legacy we want to create going forward.

**Presenter: Leslie K. Malin, LCSW, ACSW**

**Producer: Linda Scherr**