



LIFETIME
LEARNING
INSTITUTE
SUNY
NEW PALTZ

Learning for the Love of it

SPRING 2021 ONLINE COURSES

REGISTER BY
FEBRUARY 19

CLASSES
FILL EARLY



NON CREDIT AND NON COMPETITIVE COURSES

SPONSORED BY SUNY NEW PALTZ – THE OFFICE OF GRADUATE AND EXTENDED LEARNING

ROAD SCHOLAR – LLI RESOURCE NETWORK

LLI IS A VOLUNTEER MEMBER RUN ORGANIZATION

Fellow Members of LLI at SUNY New Paltz,

Welcome 2021! I tend to look at each new year as an adventure waiting to happen. We certainly ventured into uncharted territory in 2020 but in the end, we:

- Became adept with a new technology
- Adapted to a different way of learning
- Expanded our skill sets
- Interacted with members via Zoom
- Introduced virtual brunches
- Connected with other adult learning organizations in our region to share challenges and solutions

Now as we start the online Spring session, we are building on our recent experience.

- There are 20 classes to choose from (up from 14 in the Fall) that touch on the arts, science, literature, music, wellness, history, religion, theater, current events et al.
- New presenters have been welcomed to our family
- Expect to see more online brunch lectures in the Spring

These online efforts, which were key to providing classes in the Fall, do not mean we are abandoning in-person classes/events. We understand the importance of face-to-face interactions and hope to be back in the classroom as soon as possible.

***Kudos to our members who volunteer to ensure success!
Volunteers are the lifeblood of this organization – without you we would not exist.***

Please volunteer so we can have a successful Spring program

Email your interest to: lifetime@hawkmail.newpaltz.edu

**Mary Hilley
President of LLI SUNY New Paltz 2020 – 2021**



Welcome to the Lifetime Learning Institute's Spring 2021 Catalog. For this session **ALL CLASSES WILL BE USING ZOOM.** Connection links and info will be sent by email before each class.

Once again classes will open on the hour and allow 15 minutes for participants to get signed on and chat with other members of the class. The Classroom host (CA) will call the class to order at 15 minutes past the hour. The class will run for the usual 75 minutes. There is 30 minutes between consecutive classes.

Registration is completed electronically using the link at www.newpaltz.edu/lifetime Please register by Feb 19th.
You **MUST** have an individual email address. All classes are first come, first served.

YOUR REGISTRATION IS NOT COMPLETE UNTIL **PAYMENT OF \$60.00** IS RECEIVED.
PLEASE MAKE YOUR CHECK PAYABLE TO **CAS/LLI**, (INCLUDE MEMBER NAME) AND SEND TO:
REGISTRAR LIFETIME LEARNING INSTITUTE PO BOX 275 NEW PALTZ, NY 12561

SPRING COURSES AT A GLANCE

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***** NO CLASSES ON MARCH 31ST AND APRIL 2ND *****

WEDNESDAY COURSES



BREATHE AGAIN AND AWAKEN THE HEALER WITHIN

WEDNESDAY Mar 17, 24, Apr 7, 14, 21, 28,

May 5, 12

9:00 – 10:30

PRESENTER: Helen Coyle Bergstein

Did you know that the best and most profound medicine is already in us and radical healing can occur when we relax fully? In this series you will learn and apply simple movements (standing or sitting) and paced breathing practices to restore energy and balance, enhance lung vitality, boost immunity, reduce stress/anxiety, and improve sleep. The healing properties of pure therapeutic essential oils will be introduced to support emotional, physical, mental, and spiritual aspects of the practice.

Optional: Field trips to Nyquist-Harcourt Wildlife Sanctuary and Rail Trail as socializing conditions permit.

Suggested Reading: *The Healer Within* by Roger Jahnke

Materials: (Optional) Young Living Essential Oils will be used to enhance the practice. Specific blends will be suggested to registered participants.

Helen Coyle Bergstein is a Qigong teacher trained with IIQTC founder Roger Jahnke. Helen leads small groups in *Nature & Vitality* and *Walking In Clouds* mindful programs finding wonder and inspiration on magical paths of the Shawangunk Mountains and private and public natural spaces throughout the Hudson Valley.

Helen is an educator and guide for healthy lifestyles and Brand Partner with Young Living, a plant-based, essential oils based company.



LANGUAGE IN NEW YORK

WEDNESDAY Mar 17, 24, Apr 7, 14, 21, 28

May 5, 12

9:00 – 10:30

PRESENTER: Eric Chambers

Have you wondered why a lot of people in New York pour themselves a nice, hot cup of *caw-fee*? Or, exactly, how many languages are spoken in New York? This class will focus on the intimate relationship between language and New York City: how the 'New York City' accent developed, how linguistic communities preserve their languages, and how millions of people speaking widely disparate languages are able to function and communicate with each other.

Eric Chambers holds a Ph.D in Linguistics from the Graduate Center at the City University of New York., and currently teaches linguistics at the State University of New York at New Paltz.



**EXPLORING THE BEST ONLINE
CHESS WEBSITES**

**WEDNESDAY Mar 17, 24, Apr 7, 14 ,21, 28,
May 5, 12
11:00 – 12:30**

PRESENTER: Ed Boden

Get more active by learning how to use online chess sites to improve your game and find interesting opponents. There are excellent chess sites available, many with no-cost features. You will be surprised by the power and sophistication of the tools available. Improve your chess playing by learning about openings with databases of over a million master games, learn all of the chess tactics with practice exercises, learn the various ways to solve thousands of chess puzzles, and explore the chess tutors and videos available. Play games with people all over the world. And after a game is complete delve into a sophisticated computer analysis that includes a full game graph, lists of mistakes and errors, and computer (Stockfish level 10+) recommendations for better moves. Basic chess knowledge

is helpful and we have found even experienced players enjoy the class. Zoom is a fine tool to learn how to play better chess and stay active in these days of COVID.

Ed Boden has played chess and taught LLI Chess classes of various forms for several years. There is typically a mix of chess experience and computer knowledge levels and we seek to accommodate everyone. Eight weeks is needed due to the range and depth of chess knowledge to explore.



OPERA AS POLITICS

**WEDNESDAY Mar 17, 24, Apr 7, 14, 21, 28
May 5, 12
11:00 – 12:30**

PRESENTER: Chuck Mishaan

In this new Opera as Politics series we will discuss selected operas in the context of governmental, sexual, economic, racial, and religious politics, and examine what these operas have to say to us today. Planned lectures include discussions of Mozart's *Don Giovanni*, Verdi's *Don Carlo*, Wagner's *The Valkyrie*, Puccini's *Madame Butterfly* and *Turandot*, Gershwin's *Porgy and Bess*, Glass' *Satyagraha* and Adams' *Nixon in China*. Opera excerpts will be presented as political themes are developed.

Chuck Mishaan is developing a syllabus examining the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on Opera as Politics at SUNY New Paltz and some LLIs, and has been a guest lecturer at the Bardavon Opera House in Poughkeepsie and at the Rhinebeck Chamber Music Society.



**THE DEVELOPMENT OF THE HUMAN
FIGURE IN WESTERN ART FROM
PRE-HISTORY TO MODERN TIMES**

WEDNESDAY, Mar 17, 24, Apr 7, 14, 21, 28

May 5, 12

1:00 – 2:30

PRESENTER: Jose' Moreno-Lacalle

CLASS LIMIT: 25

This course will cover the period from Pre-history to Modern times, focusing on the way that the human figure was depicted by different cultures over time. The Arts of the Ancient World will be closely covered, as well as the periods from the Fall of Rome all the way to today. It will be presented using PowerPoint on Zoom, so no student materials are needed.

Any survey text of the History of Western Art is suitable for reading.

Jose' Moreno-Lacalle earned a MA in Art History at Hunter College in 1982. He taught Art History AP for seven years at the Lenox School, a private secondary school in Manhattan. All the students did well and several chose to become art historians after graduation. Subsequently he worked with cataloguers at Sotheby's. He has also taught this course in the LLI program at Bard.



CURRENT EVENTS DISCUSSION

WEDNESDAY Mar 17, 24, Apr 7, 14, 21, 28

May 5, 12

3:00 – 4:30

PRESENTER: Bill Goldman

CLASS LIMIT: 15

This course is a discussion group of current events focusing on the most significant international and national news. Each week before class, the leader/facilitator will email a few key articles or editorials to the participants for their reading and class discussion. The facilitator will introduce the topics and manage the discussion to maximize participation and the coverage of the issues. Participants should come prepared to discuss the issues presented in the articles.

Bill Goldman has had a long term interest in current events, especially in international affairs. He worked and lived

as a Peace Corps Volunteer and a USAID foreign service officer in 7 countries over 30 years managing assistance for reproductive health, child survival, HIV/AIDS, and related public health programs.



DAILY LIFE IN THE SOVIET UNION

WEDNESDAY Mar 17, 24, Apr 7, 14

9:00 – 10:30

PRESENTER: Robert Arthurs

This course will begin with a discussion of what it was like for an American to travel to the communist Soviet Union as a graduate student in 1989. The topics to be discussed include: what the initial impressions were, life at Moscow State University, Moscow, Leningrad (now St. Petersburg), Siberia, food, shopping, transportation, social life, music, churches, museums, restaurants, (including the opening of the first McDonald's); weather, as well as Soviet citizens' attitudes toward Americans. Some handy (very) basic Russian vocabulary will be introduced.

There will be two guest speakers: Yuri Gorokhovich, who grew up and was educated in the city of Odessa (now in the Ukraine), a tenured professor of geology at Lehman College, and his wife Svetlana Gorokhovich, a classical pianist and teacher

who grew up and was educated in the city of Kazan. They emigrated to the US in 1989 with their young daughter and their parents.

Students will be encouraged to ask questions and engage in a lively discussion about daily life in the former Soviet Union.

Robert Arthurs is a musician, music educator, performer, and recording artist. He was on the faculty of the Music Conservatory of Westchester from 1972-2005. From 1990 to 2005 he served as dean of students and faculty at the school and was also the head of the jazz department. In the mid-1980's he returned to college to work toward receiving a degree in Russian language and literature. After receiving his BA from Lehman College (CUNY), he enrolled in SUNY Albany's Russian Department to pursue a Masters degree. His semester at Moscow State University was part of that program. He received his Masters in Russian Language and Literature in 1992.



SAD EYED LADIES-BOB DYLAN's WOMEN

WEDNESDAY Mar 17, 24, Apr 7, 14

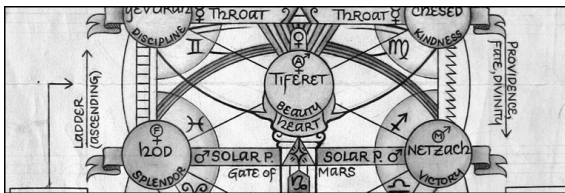
1:00 – 2:30

PRESENTER: Rena Bonne'

For all you Dylan aficionados and for Dylan discoverers, let's talk about the

women in his songs: the beautiful ones he longed for, the innocent ones he wanted to protect, and the elusive ones he could never figure out. Adoring or angry, Dylan’s poetry seared our souls when we were young. *“Ah but we were so much older then. We’re younger than that now”*.

A Dylan fanatic for many years, **Rena Bonne’** never went through his garbage like some others. Beginning with her doctoral studies in comparative literature, she is a lifelong Dylan lover through most of his many incarnations.



INTRODUCTION TO KABBALAH

WEDNESDAY Mar 17, 24, Apr 7, 14

3:00 – 4:30

PRESENTER: Rena Blumenthal

This course will provide a basic introduction to Jewish mystical concepts and texts. No prior knowledge is assumed.

Rena Blumenthal is a freelance rabbi based in New Paltz.



THE PLAY’S THE THING ONLINE

WEDNESDAY Mar 17, 24, Apr 7, 14

3:00 – 4:30

PRESENTER: Jessica Rothman

What happens in the theatre community when the theaters are shut down? We move online! Continuing our partnership with the Theatre Department at SUNY New Paltz, we are exploring plays from their Stage Reading repertoire this year. In this class, we will read the script, formulate questions, and have online meetings with members of the creative staff (e.g. director, designer, actor, etc.) all culminating in the opportunity to watch a live-streamed performance in the safety of our own homes. In this way, we can remain thoroughly engaged in the creative process of theatre. The spring play will be an adaptation of **Romeo & Juliet**.

Jessica Rothman has been a theatre educator and director of both Shakespeare and Musical Theatre for four decades and has created curriculum guides for Broadway shows. She is a past NYS Director of the International Thespian Society and is a member of SAG/AFTRA.



THE OVERSTORY – THE NOVEL

WEDNESDAY Apr 21, 28, May 5, 12

9:00 – 10:30

PRESENTER: Boyd Herforth

Richard Power’s wonderful novel about people and trees is a powerful commentary on the modern world begs to be read, savored and discussed. This will be the aim of this course. The novel is about nine Americans whose unique life experience with trees bring them together to address the destruction of forests.

Class participants will read “The Overstory” following a suggested schedule. Discussions in class will be motivated by the people, events and issues in the reading. No lecturing is planned.

A familiar presenter to LLI participants, **Boyd Herforth** has taught courses in music, math, astronomy, and types of intelligence. This, for him, will be a first in the field of modern literature.



POEMS BY HEART, TO LEARN & TO SHARE

WEDNESDAY Apr 21, 28, May 5, 12

11:00 – 12:30

PRESENTER: Richard Parisio

Many of us have memorized poems, either for school or by choice, and know how a poem learned “by heart” becomes a permanent possession. A favorite poem, one we carry with us always, can be a touchstone and a source of solace in difficult times. Whether you can already recite many poems or none at all, this course will provide a chance to have fun learning a poem or two, and to share with others.

A FEW GOOD SOURCES OF POEMS TO LEARN BY HEART (Recommended but not required – instructor will provide copies of some suggested poems):

Love Songs and Sonnets, ed. Peter Washington (Everyman’s Library)

Poems in Your Pocket, selected by Elaine Bleakney (Abrams Image)

Poetry of Mindfulness, Impermanence and Joy edited by John Brehm (Wisdom Publications)

Richard Parisio has been reading and writing poems, and sometimes committing them to memory, since the age of eight (at least!) He has taught poetry to children K-12, to college students, and to LLI members for the past twenty years. He has published poems in many journals and anthologies, and his poetry chapbook (pub. 2014) won the 2013 Hudson Valley Writers Center contest.

FRIDAY COURSES



READING THOMAS HARDY

FRIDAY *Mar 19, 26, Apr 9, 16, 23, 30*

May 7, 14

9:00 – 10:30

PRESENTER: Meta Plotnik

Thomas Hardy is a transitional writer from the Victorian Age to the Modern Age at the turn of the century. The class will read **Far From The Madding Crowd (1874)** and his controversial **Jude the Obscure (1895)**, plus a selection of his poems.

Background material will include relevant history and writers such as Henrik Ibsen, Oscar Wilde, and George Bernard Shaw, all playwrights whose work is available on film. Please do not watch films of Hardy's works; remember he wrote to be read and for readers to form their own visions of scenes and characters. You might want to read one of his other novels, maybe **Tess** or **Return of the Native**.

We will read about 100 pages each week, and participants are expected to share reactions and insights. Any complete edition is fine.

Meta Plotnik received her Ph.D in English literature from the Graduate School at City University of New York (CUNY). She taught English Literature at Nassau Community College for 33 years, and also Women's Studies courses for the last 20 years. Courses included English Literature, Mythology, Images of Women and Men in Literature, Women Writers, Introduction to Women Studies, and the Goddess in World Religions. Professor Plotnik was also a leader of the Active Learning Workshop for Faculty.



RITUALS AND ROUTINES

FRIDAY *Mar 19, 26, Apr 9, 16, 23, 30*

May 7, 14

9:00 – 10:30

PRESENTER: Fred Mayo

Rituals and routines provide structure to our daily lives and offer meaning to transitions and marker events in our lives. We learn them from family and friends, and we practice them –sometimes regularly and sometimes irregularly – often without thinking about why and how. In this course, we will discuss

various rituals and routines that provide meaning and connections to our lives and examine their contribution to our sense of identity and community. We will consider the rationale behind rituals, the range of rituals in our lives, and the options of alternate rituals. Participants will be encouraged to share their experience with rituals.

Reading articles will be emailed to participants.

Fred Mayo has taught LLI courses for several years, including Dr. Manners Comes to Dinner, Dr. Manners Hosts a Dinner, Dr. Manners Attends a Cocktail Party, The Coming Out Process, Types of Tourism, Civility, and Isolation (Fall 2020). Fred retired, last December, from New York University where he was Clinical Professor of Hospitality and Tourism Management.



THE FAIRY TALE EXPERIENCE

FRIDAY Mar 19, 26, Apr 9, 16, 23, 30

May 7, 14

11:00 – 12:30

PRESENTER: Patty Kane Horrigan

We are engulfed in such strange times that fairy tales seem more prescient than ever. Many of the fairy tales we are most familiar with originated in dark and challenging times such as these. We'll discuss these kinds of parallels and look to

find ways to describe our own world turmoil in fairy tale terms.

Patty Kane Horrigan has been exploring fairy tales since she was a little girl. They have never gotten old or stale and instead become more nuanced and complicated as time goes on. She is a writer, a trained counselor and a teacher and loves to engage with others on her favorite stories.



A FEMINIST EXAMINATION

OF THE BIBLE

FRIDAY Mar 19, 26, Apr 9, 16, 23, 30

May 7, 14

3:00 – 4:30

PRESENTER: Deborah Moore

This course is intended to begin an examination of the Bible seeking evidence to support the full personhood of women. The Bible documents the relationship between the Divine and the people. But how do women fit in to that story? Did the Divine order the subjugation of women or did the Divine actively work to undermine this subjugation? The course is not designed to evangelize students to subscribe to a particular religion or to adopt a particular set of dogma. All religious and secular views will be welcomed and respected. For the purpose of this course, "The Bible" refers to both the Hebrew Bible and the

Christian Bible, formerly known as the Old & New Testaments. Both people who have read the Bible and those who have not are welcome to attend. For those new to the Bible this will be an interesting introduction. For those who are experienced Bible readers, it will be a surprise.

A copy of **The New Oxford Annotated Study** required

The course has grown out of **Deborah Moore's** experience teaching college level theology to men in New York State prisons for 18 years for the Rising Hope program. She also taught courses in Ethics and the New Testament. She is a trained Lay Servant of the United Methodist Church and will lead worship services and preach when pastors are on vacation. In addition, Deborah has led numerous Bible study groups both inside and outside the prison system. She earned a Masters degree from Teachers College, Columbia University.



CHAIR YOGA

FRIDAY Mar 19, 26, Apr 9, 16

11:00 – 12:15

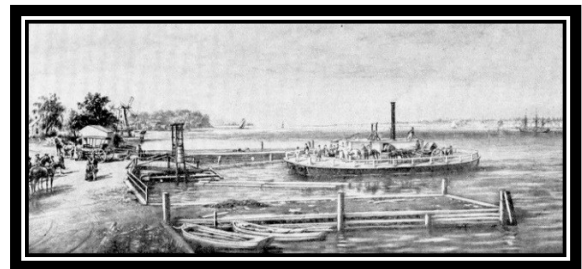
CLASS LIMIT: 10

PRESENTER: Susan Jacque

This class is especially for people who may want to get back in shape and those who

are recovering from illness or injury. You will experience gentle injury free postures and movements with emphasis on flexibility and balance. You will use breath to connect you to the life force within and around you. We will work toward developing strength in postures and movement with emphasis on alignment and detail. Class will end with a relaxation and meditation so you leave feeling refreshed and renewed in body, mind and spirit.

Susan Jacque has been practicing yoga for over thirty years and teaching since 2001. Her Yoga training includes interdisciplinary Yoga, Embody Yoga, Yoga for Cancer and Heart Disease, I Rest, and Amrit Yoga. She is a continual student.



**ULSTER COUNTY LOST INDUSTRIES
FERRIES**

FRIDAY Mar 19, 26, Apr 9, 16

1:00 – 2:30

PRESENTER: Marilou Abramshe

These days as we drive across the George Clinton Kingston-Rhinecliff Bridge, the Franklin Roosevelt Mid-Hudson Bridge, or even the Kingston-Port Ewen Suspension Bridge we probably don't consider the expanse of water below and the ease in

which we cross it. This was not always the case. Before the bridges, the only way to cross the river was by boat, more specifically by ferry. Join me as we trace the 200 year history of the Ulster County ferries that transported people and goods beginning in the early 1700's to the mid 1900's.

Marilou Abramshe loves history and the researching of it. She has presented Ulster County history at local historical societies, LLI's and service groups and has been a familiar presenter at LLI at SUNY New Paltz



CHALLENGING CASES IN MEDICINE

FRIDAY Apr 23, 30, May 7, 14

9:00 – 10:30

PRESENTER: Weekly Presenters

Popular medical drama TV shows have been a staple of television for years. In this series, Nuvance Health providers bring you real-life medical cases right to your virtual classroom. Each week, a different medical professional will do a case post mortem and step you through the process that he/she followed when confronted with a patient who has cancer, a trauma, heart ailments and

more. So scrub in and prepare to learn what real doctors go through, while getting educated on how to take better care of your own health.

Topics:

Week 1 – Cancer and Face Reconstruction
Dr. Al Haitham Al Shetawi, Vassar Brothers Medical Center

Week 2 – General and Bariatric Surgery
Dr. Vadim Meytes, Northern Dutchess Hospital

Week 3 – Heart Surgery
Dr. Jason Sperling, The Heart Center

Week 4 – Breast Cancer Surgery
Dr. Susan Boolbol, Nuvance Health

Dr. Al Haitham Al Shetawi treats several diseases, injuries and defects affecting the head, neck, face and jaw region. He sees patients who need surgery due to advanced skin cancer, salivary gland tumors and thyroid and parathyroid disease. He also specializes in microvascular reconstruction – the use of tissue from other areas of the body to rebuild the face, jaw, tongue, throat and portions of the head and neck.

Dr. Susan Boolbol, Chief of Breast Surgery and the Breast Program at Nuvance Health, brings impressive credentials and expertise in the treatment of breast cancer. She joined the Dyson Breast Center at Vassar Brothers Medical Center after an 18 year career at Mount Sinai Beth Israel Medical Center in New York City. She attended George Washington School of Medicine and completed her residency in general surgery at New York Presbyterian/Weill Cornell. Following

residency, Dr Boolbol completed her breast surgery fellowship at Memorial Sloan Kettering Cancer Center.

Dr. Vadim Meytes is not only a general surgeon specializing in weight loss surgery but he also played one in the Starz TV crime series Power. Based in the general surgery medical practice on the campus of Northern Dutchess Hospital. Meytes offers minimally invasive hernia repair, gallbladder removal, acid reflux surgery, gastric bypass, sleeve surgery and more. Previously, Meytes was a trauma surgeon on the medical staff of Vassar Brothers Medical Center in Poughkeepsie. He did his fellowship training at New York University Langone Hospital.

Dr. Jason Sperling joined the medical practices of Nuvance Health and Vassar Brothers Medical Center in January of 2020 as Chief of Cardiovascular Surgery, He established a program for aortic surgery, which is the repair of the main vessel and valve to the heart. He came to Vassar Brothers from HealthONE in Denver where as Director of Cardiac Surgery, he established the Rocky Mountain Aneurysm and Bicuspid Aortic Valve Program.



MUSIC MAKERS WORKSHOP

FRIDAY Apr 23, 30, May 7, 14

1:00 – 2:30

**PRESENTERS: Christiana Fortune-Reader
& Phyllis Chen**

CLASS LIMIT: 15

This music-making workshop will focus on the music commission, *Resonant Echoes*, a new piece being written by composer Phyllis Chen that considers the integration of sound within the New Paltz community by using field recordings, mechanical music boxes, visual and acoustic instruments.

Two music professors, Christiana Fortune-Reader and Phyllis Chen will lead participants in creating musical works for and with the New Paltz community despite the limitations of the COVID-19 pandemic, combatting the social isolation and resulting mental health difficulties that the pandemic has created.

The online workshops specifically focus on the co-creation of a music composition that invites the community to contribute to the final product, Participants will be invited to create their own music piece and visual score using found sounds, sound recordings, and music boxes.

Participants do NOT need any prior experience in reading or understanding music.

The piece *Resonant Echoes* is based on a previous work written by composer Phyllis Chen called *Floating Verses* for suspended music boxes with music box strips created in collaboration with over 150 community members during a July 2018 workshop in Philadelphia's Magic Gardens. It also builds on a more recent project that Phyllis Chen has created with San Francisco based teaching artist, Danny Clay to create a sound collage with students, "When We Meet Again."

Participants will be invited to participate in the outdoor premiere of the work *Resonant Echoes* in early May 2021 pending healthy safety and weather conditions.

Cost of Materials: To Be Determined

Each student will need to purchase a specific music box and paper the presenter recommends. The presenter will distribute the kits.

Suggested Readings will include works by Alvin Lucier, John Cage, and Pauline Oliveros

Two professors, **Christiana Fortune-Reader** and **Phyllis Chen** will team teach this workshop together. Both have a deep-seated interest in inter-generational community and musical development for people of all ages and abilities.

Dr. Fortune-Reader commissioned Dr. Chen to write this piece to explore the creative possibilities that could come

about when inviting the community to participate.

- **Classes fill early so do not delay your online registration**
- **Limit your choice of classes to a maximum of 6 classes**
- **You MUST have an individual email address**
- **February 19th is the suggested deadline for registration**
- **Mail your \$60.00 check to LLI**
- **Confirmation letters will be mailed in early March**