



*Courses & Social Activities
for Adult Learners*

Academy for Lifelong Learning
Saratoga Region

2024 Fall Course Catalog

October 7 - November 22, 2024

Sponsored by



Noncredit educational courses and social activities for adults.

Courses are offered on location in classrooms, outdoors, or by Zoom.

Courses start the week of **October 7**

Learn all about it! Attend the Academy's Free
Open House and Fall 2024 Course Preview
Tuesday, September 10, 2:00pm. See flyer insert or go to
www.allsaratoga.org for details.

Academy for Lifelong Learning Saratoga Region, Inc
PO Box 4395, Saratoga Springs, NY 12866

Jeff Shinaman, Executive Director, 518-290-6988, jeff@allsaratoga.org

Staff Hours: Monday – Thursday, 8:30 a.m. to 2:30 p.m.

For more information on A.L.L., go to www.allsaratoga.org

Fall 2024 Course Schedule

Most courses are six, 90-minute weekly courses October 7 – November 22 unless otherwise noted. Monday Speaker Series will not meet on Columbus Day. Courses limited to the number of students in parenthesis in descriptions.

Annual Membership - \$75, Courses \$50 each

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am-12noon			Writers Circle Sept 4, Oct 2, Oct 30, Nov 27 Prestwick Chase Conference Room		
9:30-11:00 AM	The Biology of Aging: Why We Age and What We Can Do About It SUNY ADK Wilton	Flannery O'Connor: Race, Religion, And Wicked Humor Prestwick Chase Congress Hall Telling Personal Stories Prestwick Chase Art Room		Selected Shorts, A Collaborative Journey Through the Infinite World of the Short Story Prestwick Chase Congress Hall	
10:00-11:00AM			Introduction to Tai Chi I and Qigong BSpa Pres Church (On location & Zoom)		
10:00-12:00PM			Moderate Hikes at Moreau Lake State Park On location		
10:30 AM-12:00 PM			Making Women in Science Visible SS SR Ctr	The Downton Abbey Effect: The Dollar Princesses and the saving of the British Aristocracy SS SR Ctr	Local Walking Tours On location
11:00-12:30 PM			Songs of the Cinema/Melodies of the Movies, Prestwick Chase Congress Hall		
11:30 AM-1:00 PM	Great Decisions 2024: Part II SUNY ADK Wilton Monday Speaker Series Knights of Columbus	Introduction To the Appreciation of Classical Music Summit The Short Stories of Giovanni Verga and Luigi Pirandello (In English Translation). Knights of Columbus		Guided Walks in Nature with Wilton Wildlife Preserve & Park On location Less than Human: Sex, Gender, Roles, Rights & Responsibilities – Evolving Toward a Mature Concept of "People" Pres Church SS	
1:30-3:00 PM	Zentangle From A to Zen Prestwick Chase Art Room	Autumn Walking in Nature with Wilton Wildlife Preserve & Park On location	Saratoga County Remembrances Brookside Museum in Ballston Spa	Responding to Change with the help of the Book of Changes ZOOM	
2:30-4:30 PM				Enjoying Poetry Ballston Spa	

FALL 2024 COURSE DESCRIPTIONS

MONDAYS

October 7, 14, 21, 28, November 4, 11, (18)

**THE BIOLOGY OF AGING: WHY WE AGE AND WHAT WE CAN DO ABOUT IT (24) SUNY Adirondack
Saratoga, 696 Route 9, Wilton, Room 207**

Mondays, 9:30 – 11am, October 7, 14, 21, 28, November 4, 11

Aging continues all of our lives, and recent research is unlocking many of the biological reasons for the aging process. This updated course, which has been very popular, focuses not on the fact that all of us are aging, but why and what we can (and can't) do about it. Each body system is discussed as well as our mental,

psychological and spiritual adjustments with age. This is a new, reformulated presentation of the original course with new material added.

1. Aging, and what does it mean
2. The biology of our muscles, bones, and joints with aging, and strategies to keep healthy
3. The heart and lungs, how they function and change with age; diseases and prevention
4. The gastrointestinal tract in health and disease, prevention and therapies
5. The brain: how it functions, what happens with aging and why, preventive strategies
6. The psychological, social and spiritual aspects of aging and why they are important; summation.

Leader: Dr. Gerald Stulc is a retired physician and surgeon, Chair of the Saratoga A.L.L. Board of Directors, long-time teacher at A.L.L. Extensive experience in the medical issues of health and aging.

**GREAT DECISIONS 2024: PART II (25) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207
Mondays, 11:30am-1pm, October 7, 14, 21, 28, November 4, 11**

Great Decisions is a program developed by the Foreign Policy Association and its purpose is to provide some focused materials and discussion about issues that are impacting US foreign policy decisions. Each year, it selects 8-10 current topics and develops a set of articles by experts in the area and short videos on each topic. Facilitators guide group discussion of the topics and materials offered by FPA. It is NOT necessary to have participated in Part I to participate in the Part II course.

- Mideast realignment: Focus on Israel and Iran
- U.S.- China Trade Rivalry
- Understanding Indonesia
- High Seas Treaty
- Ukraine: Changing World Order
- Review of class selected Part I topics

Text: Great Decisions 2024 Briefing Book \$35, available from the Foreign Policy Association: Order online or contact sales at 1 (800) 477-5836 or sales@fpa.org.

Leaders: Carol Forman-Pemberton, Doug Karrel, and Ellen Sullivan have facilitated several Great Decisions courses with ALL in the past. Carol and Ellen have long term educational and advocacy experience. Doug is a physician who recently retired from practice.

**MONDAY SPEAKER SERIES (24) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866
Mondays, 11:30am-1:00pm, 7 weeks. October 7, 14 (BONUS), 21, 28, November 4, 11, 18**

Join us as we hear from a variety of speakers on these topics.

Oct 7 "George Washington's Travels" Jim Sefcik. Although unlike John Adams and Thomas Jefferson, George Washington traveled extensively but never farther than Barbados. Yet he toured much of the United States during his lifetime. Where did he go? When did he go? Why did he go? And where did he sleep?

Oct 14 "How the World's Religions are Actually One Faith" John Hilton. An interactive exploration of the shared values, indistinguishable spiritual beliefs and remarkably similar paths of the world's great religions. How the common destiny envisioned for the human race by all these religions can eventually become a force for unity and peace, once the peoples of the world recognize their essential unity.

Oct 21 "Keepers of the Eastern Door: Mohawk Stories, Past and Present" Kay Olan. Storytelling is an important part of the living culture and traditions of the Kanienkeha:ka or Mohawk People. Some stories are ancient, some are contemporary. Some are funny, some scary and some are personal. They all open the door to enjoy a shared experience. The listener is invited to look at the world from a different viewpoint.

Oct 28 "Do you breathe but not correctly, that is the question?" Carol Firestone

Nothing is more important to our health than breathing, yet before I read the book "Breath" by James Nestor, I never realized how breathing correctly could have a positive effect on us, while breathing incorrectly could lead to serious health issues. I will share with you what I have learned about breathing properly that will make you feel so much better.

Nov 4 "Trailblazing American Women - True Stories of Women Who Made a Difference" Kate Dudding. Come hear stories about seven American women including Julia Child, Betty Friedan, and Georgia O'Keeffe. Each of these women have shown determination and commitment to leading their lives their own way. In doing so, they made a difference in the lives of all American women.

Nov 11 "Julia Child" Kate Dudding Julia made French cooking accessible to American cooks, was the first person on PBS to win an Emmy and enjoyed a passionate marriage. Come hear how this Smith graduate

worked for the OSS during World War II, married a sophisticated man 6" shorter than herself, and taught millions everything they needed to know to produce delicious meals.

Nov 18 "Brushes & Bridles: The Horse is Art" Matt Reichel and Madeleine Egger. Join the National Museum of Racing and Hall of Fame for an exclusive look at some of the most iconic images and paintings from the world of equine sports! Showcasing a selection of the Museum's art collection, this presentation will discuss the various pieces on display at the Museum, including some that aren't yet on public display. We will discuss equine art in a historical context and what it means in the world of racing.

**ZENTANGLE FROM A TO ZEN (12) Art Room 2nd floor, Prestwick Chase, 100 Saratoga Blvd., SS
Mondays, 1:30-3pm, October 7, 14, 21, 28, November 4, 11**

Zentangle is an easy and relaxing art form of drawing intricate patterns and creating unique works of art. You will learn the foundation and steps of this meditative form of drawing and apply it to media such as art tiles, wood, ornaments and canvas. Come learn the rules of Zentangle and then break them in all sorts of fun ways. No art experience required.

1. Introduction to the Zentangle method, 2. Mastery and practice of creating Zentangle art tiles, 3. Letters: embellished and enhanced, 4. Canvas Bags, 5. Zendalas, 6. Greeting cards/ornaments

Text: Suggested readings: Zentangle Art Therapy by Anya Lothrop (\$9.99); Zentangle.com website

Cost: A one-time \$30 materials fee will cover the full six weeks. You will receive a Zentangle pouch with pens, pencil, tortillon and art tiles in multiple colors and sizes that you will use during class and beyond.

Leader: Katie Long has been a Zentangle artist for seven years. She received her Zentangle Teacher Certification in 2021. She's taught Zentangle in Saratoga at the art center, library, senior center, Peace Week, and a few smaller venues. Her artistic point of view is that art should be made public in every way and form because it brings communities together in unique ways.

TUESDAYS

October 8, 15, 22, 29, November 5, 12

FLANNERY O'CONNOR: RACE, RELIGION, AND WICKED HUMOR (24) Congress Hall at Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866

Tuesdays, 9:30 – 11:00am, October 8, 15, 22, 29, November 5, 12

Flannery O'Connor died of lupus at age thirty-nine, but during her brief life she wrote some of the twentieth century's most engaging fiction. A Southern writer with an acute sense of the comic and ironic, she focused on racial and religious themes. Her rural characters often employ regional dialect that includes the "N-word" that contemporary writers avoid. Most of O'Connor's life was spent on the family farm called "Andalusia," in Milledgeville, Georgia, raising peacocks.

Texts: Flannery O'Connor: The Complete Stories; Wise Blood (Farrar, Straus, Giroux, 1971; 2007)

Week One: Have read "A Temple of the Holy Ghost" and "Everything That Rises Must Converge"

Week Two: Have read "The Life You Save May Be Your Own" and "A Good Man Is Hard to Find"

Week Three: Have read "Good Country People" and "The Displaced Person"

Week Four: Have read "The Lame Shall Enter First"

Week Five: Have read Wise Blood to Chapter 8

Week Six: Finish Wise Blood

Leader: Murray Levith has a Ph.D. in English from Syracuse University and is Professor Emeritus, Skidmore College. He has offered many literature courses for the Academy.

TELLING PERSONAL AND FAMILY STORIES (15) Prestwick Chase, 100 Saratoga Blvd., SS

Tuesdays, 9:30-11am, October 8, 15, 22, 29, November 5, 12

You have stories worth telling and saving. We all do. Sad, funny, interesting and inspiring stories. You can learn to find the stories, develop them, and share them with others. Margaret will share some of her own. We'll work mostly in small groups, so you'll get to know the others in the class—always a nice bonus.

1. Finding stories, part 1, 2. Finding stories, part 2, 3. Choosing and developing a story, 4. Learning your story (No notes needed!), 5. Learning to perform, 6. We tell our stories

Leader: Margaret French has been telling stories for almost twenty years. Mostly personal stories, sometimes touching, often humorous stories about our all-too-human condition. Over the years, she has led dozens of workshops on writing and storytelling. You can read many of her stories on her blog at

www.margaretfrench.com.

**INTRODUCTION TO CLASSICAL MUSIC (15) The Summit (Theater Room), 1 Perry Rd., SS
Tuesdays, 11:30am-1pm, October 8, 15, 22, 29, November 5, 12**

Come and learn more about classical music and catch the classical music bug. We will learn about the history of music and listen to composers from the baroque period to the neo classicists. There is no preparation or homework except for listening to some suggested music and coming with open ears and hearts.

Leader: Patricia Brady's background is predominately in medicine, but she studied piano, ballet, and has taught three classes in her passion - music and music history, especially the classics. This is her fifth class with A.L.L. Her father being a professional musician, she has loved classical music her entire life.

THE SHORT STORIES OF GIOVANNI VERGA AND LUIGI PIRANDELLO (IN ENGLISH TRANSLATION).

Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Tuesdays, 11:30am-1pm, October 8, 15, 22, 29, November 5, 12

Verga and Pirandello are two pillars of late nineteenth and early twentieth century Italian Literature. Both Sicilian yet both universal writers in their treatment (through novels, short stories and, for Pirandello, plays) of the human condition with vivid descriptions of the economic, social, and psychological lives of the people of their region. Pirandello, the more "modernist" of the two, received the Nobel Prize in 1934 and is best known for his play "Six Characters in Search of an Author." Verga is generally credited with launching the "Verismo" literary movement; his short story "Cavalleria Rusticana" was adapted for the libretto of the famous opera of the same name (usually staged with "Pagliacci"). In addition to reading the stories we will make room and time to watch both the play and the opera.

Text: "ELEVEN SHORT STORIES: LUIGI PIRANDELLO", ed.and trans. Stanley Appelbaum, (Dover Dual Language Edition) ISBN 978-0-486-28091-2; \$14.95 paperback

"GIOVANNI VERGA: CAVALLERIA RUSTICANA AND OTHER STORIES" (Penguin Classics) ISBN 978-0-140-44741-5; \$16.00 paperback. Both are available new and used paperbacks on Amazon.

Leader: Marino D'Orazio holds a Ph.D. in Comparative Literature from the CUNY Graduate Center and a JD degree from Brooklyn Law School. He has been a college professor of both English and Italian and has translated fiction and nonfiction books from the Italian. His latest translations are a book about climate change (EGGS, EARTH and SPACE) and an archeological/historical guide to the ancient Roman city: SAEPINUM. Marino has also had a long career as an attorney, from which he now deems himself 'semi-retired.' It has been his pleasure to lead a number of study groups - in both Italian and English - over the years.

**AUTUMN WALKING IN NATURE WITH WILTON WILDLIFE PRESERVE & PARK (15) 80 Scout Road, Gansevoort 12831. For shorter hikes, please see Thursday description – Guided Hikes in Nature at 11:30am.
Tuesdays, 1:30 - 3:00pm, October 8, 15, 22, 29, November 5, 12** Come join us!

We invite you to immerse yourself in nature! Each session will be a unique adventure exploring different trails through the diverse habitats of the Saratoga Sand Plains and will include information on the flora and fauna of the habitats. Led by experienced naturalists, the walks are geared towards gentle exercise and basic fitness levels. Sessions will start at our Camp Saratoga North Trailhead (parking lot #1) to discuss the day's plans before the walk. Each week will take place on a different trail, and conditions can vary. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water. Regular walkers and experienced hikers should not have an issue. Hiking poles are encouraged as they provide additional support.

Leader: Allyson Paradis: Environmental Education Coordinator at Wilton Wildlife Preserve & Park, BS in Environmental Science, Siena College. Past: Stewardship Assistant at New York State Parks, Recreation, Historic Preservation (OPRHP); Wildlife Unit Biologist at OPRHP; Research Assistant for Coyote Diet Ecology, Siena College, Marine Educator at Cape Ann Whale Watch.

WEDNESDAYS

October 9, 16, 23, 30, November 6, 13

**WRITERS CIRCLE (12) Conference Room at Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs
Wednesdays, 9am-12noon, NOTE: 3 hours, DATES: September 4, October 2, October 30, November 27**

Story telling is an ancient human endeavor. Something in us needs to encounter and explain the world through words. Whether through prose or poetry, fiction or non-fiction, we have a need to tell our story. We will meet monthly and share our visions in an attempt to make those visions conform better to their original conception. Our tools will be close reading and gentle criticism. The Writer's Circle meets monthly. Each month, we will share our work via email with our classmates and then read them as a prelude to discussion and criticism.

Ideally, we want to have submissions in our hands for reading several days before meeting to allow for thoughtful appraisal. Writers of whatever stripe, fiction, poetry, non-fiction, memoir, all are welcome.

Leader: Fred Ziemann is a local writer, retired microbiologist, who holds an MFA in Creative Writing from Vermont College.

**INTRODUCTION TO TAI CHI I AND QIGONG (16) First Pres Church Ballston Spa and ZOOM
(Note: Class is the first of a 3-class sequence and is appropriate for returning students wishing to repeat the classes)**

Wednesdays, 10-11am, October 9, 16, 23, 30, November 6, 13 (Note: One-Hour Classes)

Participants treated by an orthopedist should have permission from their doctor to take this course. During classes participants should wear loose-fitting clothes that allow freedom of movement and comfortable shoes that provide stable footing. Tai chi is often described as "meditation in motion," but it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art has value in treating or preventing many health problems. Classes will include the following: Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breathing and body. Instruction and practice of tai chi forms. Short forms — Forms/Postures are sets of movements. In this class you will learn a very short form (six movements) consisting of smaller, slower movements created specifically for this six-week class. Qigong (or Chi Gong). Translated as "breath work" or "energy work,". During the last two weeks of this course, you will learn a simple stationary Qigong form consisting of a few minutes of gentle breathing combined with hand movements. The idea is to help relax the mind and mobilize the body's energy. All forms can be practiced while standing or seated.

Text: Suggested Readings: The Health Benefits of Tai Chi, Harvard Health Publishing May 24,2022, <https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi> Keep on Your Feet—Preventing Older Adult Falls <https://www.cdc.gov/injury/features/older-adult-falls/index.html>

Leader: Chuck Lobosco has a master's degree in educational psychology and has practiced Tai Chi and Qigong for over 35 years. He attended training offered by Paul Lam, MD, Director, Tai Chi Health Institute as well as learning several forms from local teachers: Grand Master Jiang Jianye and Frank Riccardi.

**MODERATE HIKES AT MOREAU LAKE STATE PARK (15) 605 Old Saratoga Road (Route 9), Gansevoort
Wednesdays, 10am- 12 noon (note 2-hour course) October 9, 16, 23, 30, November 6, 13**

Join a park naturalist on easy-moderate hikes on park trails. We will hike at a pace everyone is comfortable with and use what mother nature offers as teachable moments. We will have fun and learn from each other. Come prepared for the weather and wearing waterproof, sturdy footwear. Please also bring a snack and some water on each hike.

Addition Cost: \$5 per hike to the park

Leader: Rebecca Mullins is a long time Park Educator. She has led several hiking courses for the Academy.

**MAKING WOMEN IN SCIENCE VISIBLE (25) Saratoga Senior Center, 290 West Ave., Saratoga Springs
Wednesdays, 10:30am-12pm, October 9, 16, 23, 30, November 6, 13**

Marie Curie was recognized in her own lifetime for her important scientific achievements and was awarded two Nobel Prizes. However, most women scientists throughout history have not been given the recognition they truly deserve. Many had their ideas and research stolen from them by their male colleagues. Others, because of their gender, had their ideas belittled or ignored by other scientists. Some have simply been lost to history. In this course, we will examine the role these overlooked women have played in scientific discoveries. We will also examine recent breakthroughs by women and the recognition they have received. But we will also examine the continued sexism women in the sciences face. A different scientific genre will be discussed each week in an attempt to uncover these female pioneers. Hands-on science experiments will connect us to the particular science conducted by these women.

Cost: An additional \$10 will be paid directly to course instructors to defray the costs of the class materials.

Leaders: Kathy Welch is a former international attorney for GE and a grade school through high school certified teacher. She has taught numerous science and history related courses for A.L.L.

Marian Roohan is a retired science teacher. She has a passion for learning and enjoys teaching A.L.L.

**SONGS OF THE CINEMA/MELODIES OF THE MOVIES (25) Prestwick Chase, 100 Saratoga Blvd., SS
Wednesdays, 11:00am-12:30pm, October 9, 16, 23, 30, November 6, 13**

With the release of the film, "The Jazz Singer" in 1927, music and song became an integral part of the motion picture industry. Film studios went on to create movie musicals featuring unforgettable songs, symphonic scores, iconic singing performances and extravagant dance routines that rivaled anything presented on a Broadway stage. In this course, we will examine the glorious history of music and song in the movies using audio recordings, videotape and "live" performance. This will be the first of a three-part series which will cover music in the movies from 1927 to the present day. Part 1 (Fall term) begins with 1927's first talking film and continues through the 1950's.

1. A Noble Experiment: The first film with sound was really an experiment by Warner Brothers, one of the major motion picture studios, to see if American audiences would embrace the idea of a movie with a soundtrack. Only a few scenes had sound, but it changed the movies forever. More talking and singing films followed.

2. Sound Is Here To Stay- By the mid 1930's, audiences responded to movie musicals with great enthusiasm, despite the economic challenges presented by the Great Depression.

3. Broadway Goes to Hollywood- As the Great Depression dragged on through the late 1930's, the greatest composers and lyricists left Broadway behind and moved to Hollywood to compose for the movies. This era of filmmaking is often referred to as "The Golden Age of Hollywood."

4. Jazz and Patriotism- In the years leading up to and including World War 2, two prominent trends in the movies became clear: the popularity of jazz music and films aimed at boosting the morale of war-weary Americans.

5. The Post War Years- Following the end of WW2, motion pictures became even more extravagant and ambitious with spectacular productions like "An American In Paris" and "Singin' In the Rain."

6. Change Is In the Air- In spite of great commercial and artistic success with movie musicals in the 1950's, American musical tastes were changing. Rock music was beginning to dominate the airwaves on the radio and the motion picture industry was forced to take notice.

Leader: Ken Blatt has been a lover of films his entire life. He has an extensive background as an actor and director of theatrical productions (Ph D, MFA), including musical theater and cabaret, and has studied voice and musical composition in college and in private lessons. He has also studied film production at the New School in NYC. As a teacher, Ken has taught on the faculty of various colleges and universities (Mich. State, Miami-Dade, Tauro, Broward Community, U. of Colorado) and has lectured and led discussion groups and workshops with students of every age group.

SARATOGA COUNTY REMEMBRANCES (30) Brookside Museum, 21 Fairground Ave, Ballston Spa NY Wednesdays, 1:30-3pm, October 9, 16, 23, 30, November 6, 13

This course will transport class members back to a time and place that will jog your memories. Based on local events from the past you will have the opportunity to reflect on those times, relate them to your own experiences and connect them to the present. Several local Historians will bring you along the path of history that is never ending but always changing. The class will be held at Brookside Museum in Ballston Spa, itself a 232-year-old piece of history.

Oct 9 – Carol Godette, retired teacher and local history author. "On the Spot" Take a virtual walk down Broadway in 1976 visiting the stores and their proprietors. It was a different time. Share your memories of Saratoga Springs's earlier businesses from your families' experiences and stories.

Oct 16 – Mary Ann Fitzgerald, Saratoga Springs City Historian "The Mt. McGregor RR Station" Discover the mystery of the station's location by exploring photos, documents, maps and through sheer serendipity. What are your remembrances of our local railroads and stations?

Oct 23 – Steve Williams, retired newspaper reporter and author. "The Northway Changed Everything" How the Northway led to community-changing development across Saratoga County. The class will have an opportunity to share memories of their experiences and how they were affected.

Oct 30 - Russ Vandervoort, Waterford Town Historian and author "Politics of the Flight" A look at the political environment during the building of the Barge Canal System. The effects on its route and construction. With a discussion of NYS govt during the Barge Canal Construction period 100 years ago compared to today.

Nov 6 – Rick Reynolds, Ballston Town Historian "History Isn't Old, it's New!" Did you know that history is far more than about the past? It's about RIGHT NOW! Come hear all this and much more and see how the past truly connects to us today.

Nov 13 – Lauren Roberts and Anne Clothier, Saratoga County Historians Office Remember the bicentennial? Our county historians take us back almost 50 years and explore the highlights of our 200th anniversary. The class will be encouraged to describe their experiences, and what they enjoyed most, or least!

Leader: Jim Richmond. Each presenter is actively involved in researching the history of Saratoga County and its communities. They include county and municipal historians, journalists and educators, several of whom have written their own books on local history.

THURSDAYS

October 10, 17, 24, 31, November 7, 14

SELECTED SHORTS, A Collaborative Journey Through the Infinite World of the Short Story (24)

Congress Hall at Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866

Thursdays, 9:30-11am, October 10, 17, 24, 31, November 7, 14

Stories are as varied as their authors and their times. Each has its own world, its own characters, setting and style. We will read two or three examples each week and share our thoughts. Some famous, some not so much, new and old, foreign and domestic. The universe of stories is so vast that twelve to eighteen will barely be representative but there's always next spring and beyond. Join me for the journey.

Text: 2 or 3 stories per week TBD. Participants will be provided with copies of the stories to be discussed.

Leader: Fred Ziemann is a local writer, retired microbiologist, who holds an MFA in creative writing from Vermont College. He has participated in over a dozen workshops with various authors with the NYS Writer's Institute. As a practitioner of the art for many decades, he is always learning and wants to share his love of the form in all its varieties.

The Downton Abbey Effect: The Dollar Princesses and the saving of the British Aristocracy (25)

Saratoga Senior Center, 290 West Ave., Saratoga Springs

Thursdays, 10:30am-12noon, October 10, 17, 24, 31, November 7, 14

In the television phenomenon Downton Abbey, Cora Levinson brought her large dowry from Cincinnati to save the Crawley estate from financial ruin and in return received the title of Countess. In reality, between 1880 and WW I over one hundred heiresses, mostly American, married into the titled, landed, but impoverished British Aristocracy. These young women came from socially ambitious families with ready new fortunes. The American heiress monetary pipeline started in 1874 with Jennie Jerome who married Lord Randolph Churchill and brought her multimillion-dollar dowry—a union that produced Winston Churchill. Another such dollar American princess was the great-grandmother of Diana, Princess of Wales. The most famous heiress of all was Consuelo Vanderbilt who married the Duke of Marlboro and brought the equivalent of \$82 million with her to save Blenheim Palace. Some of these heiresses had successful marriages and settled into the life of their adopted country. But most struggled to find love and worth in a society that only saw them as a means to an end. We will examine the reasons behind this flood of heiresses to rescue the British nobility and the push from their American families to increase their status at home by adding a foreign title to their family tree.

Text: Required reading 'To Marry an English Lord' by Gail MacColl and Carol Wallace. Available on Amazon and in your local bookstore.

Leader: Kathy Welch

GUIDED WALKS IN NATURE WITH WILTON WILDLIFE PRESERVE & PARK (12) 80 Scout Road, Gansevoort 12831

Thursdays, 11:30am-1pm, Oct 10, 17, 24, 31, Nov 7, 14

We invite you to join us as we meander through the different trails each week. Each session will be a unique adventure exploring different trails through the diverse habitats of the Saratoga Sand Plains and will include information on the flora and fauna of the habitats. Led by experienced naturalists, the walks are geared towards gentle exercise and basic fitness levels. **These walks will cover shorter distances with frequent stops to allow for observation and talk about the nature around us.** Sessions will start at our Camp Saratoga North Trailhead (parking lot #1) to discuss the day's plans before the walk. Each week will take place on a different trail and will cover short and flat terrain distances. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water. Hiking poles are encouraged as they provide additional support.

Leader: Magnolia Roosa, Environmental Educator at Wilton Wildlife Preserve & Park, Stewardship Assistant at Saratoga PLAN. B.S Human Biology, Sustainability. Past: Education and Conservation Intern, Wilton Wildlife Preserve & Park/Saratoga PLAN.

LESS THAN HUMAN: Sex, Gender, Roles, Rights & Responsibilities – Evolving Toward a Mature Concept of “People” (20) Presbyterian United Church of Christ, 24 Circular Street, Saratoga Springs

Thursdays, 11:30am-1pm, October 10, 17, 24, 31, November 7, 14

White, patriarchal culture and society is a systemic “matrix” within which we exist. Marginalized people (women, people of color and LGBTQIA+ people of color) fight for liberty, equality and autonomy. 500 years of repression by the dominant caste reflect ignorance, fear, and hatred of diverse people beyond traditional, binary, genders. Why are we still at this toxic state? Recent research on sex and gender roles in humans and other species has disrupted the “scientific” foundations of patriarchal dominance. How has our understanding of sexuality and gender roles evolved throughout human history and in different cultures around the world? Will existential threats steer us to fully mobilize humanity in all its rich diversity?

1. The brutal history of male dominance
2. Bias Set in Stone: How white male scientists discovered their superiority
3. Rigorous women (and men) revolutionized our view of human nature
4. Retreating to the past will seal our descendants’ fate
5. Flying on one wing – revolutionary changes demand total engagement

Suggested Texts: (Available in SSPL, new & used on Amazon and other sellers):

Cooke, Lucy (2022) *Bitch: On The Female of the Species*, Basic Books, New York.

Saini, Angela (2017) *Inferior: How Science got Women Wrong-and the New Research That’s Rewriting the Story*. Beacon Press. Boston.

Leaders: Mark Long: managed public health programs (STD/HIV, global health, injury and violence prevention); directed research ethics review boards (IRBs); taught (OLLI & ALL) courses on public health; forest bathing; research atrocities and ethical oversight of research; pharmaceutical industry – drug development, regulation, and abuses; history of science: “Research Rebels;” racism, misogyny, and “otherism” including immigration restriction, eugenics, and feminism: “Less than Human”; social & political activist.

Katie Long: first woman appointed to a military service academy; technical writer, editor, critical thinker; social & political activist; artist, and certified Zentangle instructor.

RESPONDING TO CHANGE WITH THE HELP OF THE BOOK OF CHANGES (10) ZOOM

Thursdays, 1:30-3pm, October 10, 17, 24, 31, November 7, 14

While every generation faces different changes, many aspects of life remain similar. For many centuries, people have consulted the *Book of Changes*, a collection of wise sayings, before deciding on their next steps. Carl Jung was deeply influenced by this book, as was Confucius. In 2011, ALL member Margaret Pearson published a new translation of this ancient Chinese text, based on recent archeological discoveries. In this course, she will help students learn how to use this text. Many have found that applying its words to their own changes has enabled them to replace old ways of looking at a situation with new insights and move ahead. We will discuss several types of situations: feeling stuck, downsizing, traveling and being still.

Text: Margaret Pearson, translator, *The Original I Ching: an Authentic Translation of the Book of Changes, Based on Recent Discoveries*. (Tuttle, 2011)

Leader: Margaret Pearson, professor emerita of History, translated the *Book of Changes* during her sabbaticals at Cambridge University between 1997 and 2011. She earned her PhD in Chinese History from the University of Washington (Seattle), and taught at Skidmore College, SUNY Albany, and the New School for Social Research. Her book has been translated into Spanish, Portuguese, and Romanian, and sells well in Japan. She has enjoyed teaching at the Academy for years.

ENJOYING POETRY: WRITING AND READING (12) Knights of Columbus, 50 Pine Rd, Saratoga Springs,

Thursdays 2:30-4:30pm, NOTE 2-HOUR CLASSES, Oct 3, 10, 17, 24, 31

This course is open to all members who are interested in writing their own original poetry. We will be reading poetry of all kinds as well, from Shakespeare to contemporary poets, focusing on different poetic forms, and experimenting with writing those forms. We will use these poems as springboards for writing poetry. The course is primarily a writing course. Participants will be encouraged to write and share their own work. All levels of experience and interest are welcome. This is not a repeat of previous study groups. We will be using different material than used in previous terms.

Leader: Janice Cutbush, a retired high school English teacher, is a published poet and writer who has won several prizes and contests. She has led 15 previous poetry writing courses for A.L.L.

FRIDAYS

October 11, 18, 25, November 1, 8, 15

LOCAL WALKING TOURS (20) on location

Fridays, 10:30am-12:00pm

Join us as we walk and learn about these wonderful places.

Oct 11. Saratoga Springs Food Tour: The owner of Saratoga Food Tours, Joe Haedrich, will introduce you to some of the restaurants and food shops on the tour. We begin at the Old Bryan Inn and learn about its long history and walk to Whitman Brewing where we will meet the owners and learn about how they make beer. We then walk to Broadway where we visit several food shops and hear stories from proprietors and managers. Although there is no food served on the tour, there are a few small tastings along the way. Meeting place--Old Bryan Inn at 10:30am.

Oct 18. Inside stories and tour of Saratoga Performing Arts Center (SPAC) with Patricia Brady. Join me for a walk around the grounds of SPAC and interesting facts about the land, how the connections with New York City ballet, and Philadelphia Philharmonic Orchestra came to be. We will also discuss the theater and its construction and some interesting statistics about the more than 50 years that the performing arts center has been touted as one of the most wonderful outdoor venues in the country. Meet in front of the Hall of Springs. Turn into the Saratoga Auto Museum for parking in the lot on the left.

Oct 25 Congress Park and Tasting of the Springs. Gloria Jean Marceau We will meet at the Visitor Center and then cross over to the park. Cups for tasting will be provided. Most walking is on flat surfaces though we do go up the hill to the Native Dancer statue then back down the hill.

Nov 1. Hudson Crossing Park, bordered by the Champlain Canal and Hudson River, is surrounded by both history and natural abundance. Join Hudson Crossing Park Executive Director **Kate Morse** and resident local historian **Mike Biekiewicz** for this easy, one mile walk. Kate and Mike will share the history of the First Nations who called the area home, show you the site of British General Burgoyne's "Bridge of Boats" on the way to England's historic loss during the Battles of Saratoga, talk about how the Champlain Canal shaped the community and was instrumental in the Underground Railroad, and more. We will also discuss the unique challenges of working as environmental stewards along industrialized waterways and the work that Hudson Crossing Park has done over the last two decades to educate and foster the next generation of environmental stewards. **Hudson Crossing Park: Champlain Canal Lock 5: Co Rd 42 Schuylerville, NY 12871** [Get Directions](#), When entering the park, continue over Champlain Canal Lock 5 until you reach Hudson Crossing Park's signature wrought iron gate. The parking lot will be on your right and we will gather under the park pavilion, which will be across the street on the left. Please bring a full reusable water bottle and be sure to dress for the weather.

Nov 8. Guided tour of the Canfield Casino and the Saratoga Spring History Museum with Executive Director Jamie Parillo, Cost: \$8 at the door.

Nov 15 Historical Tour down Broadway with Gloria Jean Marceau Meet at High Rock Park for a walk down Broadway. Learn about the buildings, post office murals, ATC sundial, the St Nicholas Music Hall, and the Grand Hotels. We will walk back through the gut to High Rock. 112 High Rock Ave., Saratoga Springs, NY 12866.

FALL COURSE REGISTRATION

+ Applications for fall courses are now being accepted by mail. Registration will continue until courses are filled. Registration is on a first come, first served basis. Send your registration in now. An email confirming your registration will be sent.

After the initial registration period, unfilled courses will be announced and registration for these courses will continue on a first come, first served basis. This will require an additional payment for these additional courses.

Attendance Policy: Leaders and speakers are volunteering their time to offer these educational courses and appreciate your attendance. Please let your leader and the Academy office know if you anticipate missing more than two classes.

Course Fees: \$50 per six-week course.

Additional Courses Once you are enrolled in your courses, you will have the option of enrolling in additional courses in September based on availability. Please pay for additional courses when you register for them. To encourage good discussion, course sizes are limited. Please indicate your choice of courses in order of preference. If a course is full, you will be placed in your alternate course and placed on a wait list.

REFUND POLICY

If you must drop a course, a refund less \$25 processing fee will be granted up to the beginning of classes. After classes start, a refund less \$25 processing fee will be granted for health reasons only. Later requests will be considered on a case-by-case basis. Membership dues are nonrefundable. If A.L.L. cancels a course, you're welcome to apply for another open course, donate the course fees, get course credit for the next session, or request a refund.

ACCESSIBILITY

Most A.L.L. courses, except for outdoor groups and meetings at homes, are handicapped accessible.

DONATIONS

As with other nonprofit organizations, A.L.L. membership dues and course fees are not sufficient to support the continued sustainability of the program. The executive council has established one fund for endowment and one for operational purposes. This enables donors to make contributions to fulfill our mission and maintain the caliber of programs members have come to expect. If you would like to join others in supporting the present and future of your organization, please indicate your contribution on the registration form. Please also consider making a bequest to the Academy for Lifelong Learning in your will.

***Neither A.L.L. nor our class locations assume responsibility for bodily or personal injury or property damage in any way related to an A.L.L. field trip, Special Interest Group activity, course, or special event.
You are at your own risk. If carpooling, please choose drivers and passengers to your satisfaction.***

PLEASE BE ADVISED: Published course times could change. Be sure to take note of these changes published in the Academy's email newsletters and notices from your course leaders during the term.

If you have any concerns, suggestions, or comments, please contact the Academy at 518-290-6988.

ALL reserves the right to remove from a course or social program any person or persons who conduct themselves in a disruptive manner which impairs the ability of the Academy to conduct activities as intended.

WELCOME TO THE ACADEMY FOR LIFELONG LEARNING

The Academy is one of over 400 lifelong learning programs that share a mission to provide educational experiences for older adults. Membership is open to all persons upon payment of \$75 annual membership dues.

Founded in 1992, the Academy for Lifelong Learning Saratoga Region, Inc. (A.L.L.) is a self-funded, nonprofit membership organization whose members share enthusiasm for learning and socializing.

Despite valued affiliations, it is important to emphasize that the Academy is an independent entity with its own budget and is governed solely by its own membership. It could not function without the active involvement of the people who participate as members, students, volunteer course leaders, donors, general volunteers, and paid staff who support the central academic mission.

A.L.L.'S SPECIAL INTEREST GROUPS (SIGs) Special Interest Groups (SIGs) are free extracurricular learning and recreational opportunities for Academy members. They are designed by Academy members who share a common interest and like to meet outside the normal class environment to enjoy, learn, and share in their activity. As a member of A.L.L., you are eligible to join SIGs and help create new ones! Please refer to the Academy's website at www.allsaratoga.org for more current details.

ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION

Applications will be processed on a first-come, first-served basis. Applications will be accepted for open courses until full.

Name _____
Address _____
City, State, Zip _____
Email _____
Phone _____ Cell _____ Emergencycontact/phone# _____

COURSE REGISTRATION: Please list your choices in order of preference. When listing your choices below, you will be enrolled in those courses and should pay for them now. Listing an alternate course (see alternate line below) indicates the course you wish to be enrolled in if any of your chosen courses are full when your application is processed.

First course _____
Second course _____
Third course _____
Fourth course _____

If one of your courses is sold out at time of placement, you will be placed on a waiting list and enrolled in your alternate course. You will have the option of enrolling in additional courses in September based on availability. Please wait to pay for additional courses until you register for them.

Alternate course _____

MEMBERSHIP DUES and COURSE FEES

Membership: (Current Members Disregard)

\$75.00

First Choice (\$50)

+\$ _____

Second Choice (\$50)

+\$ _____

Third Choice (\$50)

+\$ _____

Fourth Choice (\$50)

+\$ _____

Subtotal \$ _____

GIFT GIVING

I wish to be anonymous _____

A.L.L. Fund Contribution: Amount to be applied to

General Fund \$ _____

Endowment Fund \$ _____

Pat Leonard Assistance Fund \$ _____

+Total Gift \$ _____

TOTAL ENCLOSED \$ _____

Would you like to volunteer _____

If you would prefer not to have your personal information shared, please check here _____

Please make checks payable to:

Academy for Lifelong Learning.

Mail application, payment and completed waiver to: A.L.L. Course Registration, Academy for Lifelong Learning, PO Box 4395, Saratoga Springs, NY 12866

Are you a new member? _____ **If so, how did you hear about the Academy?** _____

ACKNOWLEDGMENT RELEASE AND WAIVER

The undersigned does hereby acknowledge participation in a program or activity by or through the ACADEMY FOR LIFELONG LEARNING SARATOGA REGION, INC. Saratoga Springs, N.Y., referred to herein as "A.L.L."

The undersigned does waive, and release said A.L.L., A.L.L. staff, A.L.L. study group leaders, and A.L.L. Executive Council from any and all claims for injury or damage sustained by, through or as a result of said activity, and does further hold said A.L.L., A.L.L. staff, A.L.L. study group leaders, and A.L.L. Executive harmless for any claims resulting therefrom.

Yes ____ No ____ A.L.L. may reproduce for publicity and news releases any photo images of me taken while participating in A.L.L. activities. *(If you've checked "NO," it is YOUR responsibility to remove yourself from the photo before it is taken.)*

Date Print name Signature

In case of emergency, please contact: _____ Phone _____

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