



Bard College

Lifetime Learning Institute

2017 SUMMERFEST

Dates: Fridays, June 2, 9, 16, 23

Place: Olin Hall, Bard Campus

9:30 – 10:30 a.m.	10:30 a.m.	11:00 a.m. – 12:00 p.m.	12:00 p.m.
The New Cold War – Fact or Fiction? – Part 1	Break	The New Cold War – Fact or Fiction? – Part 2	Lunch Discussion
Introduction to Feldenkrais		The U.S. Constitution and Bill of Rights	
Voice of the Poet		-----	
Music with Others Part 1 (June 2, 16, 23)		Music with Others Part 2 (June 2, 16, 23)	
Voices in the Wilderness (June 9 only)			

COURSE DESCRIPTIONS

The New Cold War: Fact or Fiction?

Friday, 9:30 a.m. – 12:00 p.m.; June 2, 9, 16, 23

The course will begin with a comprehensive review of the 45-year history of the Cold War. Results and lessons learned will be examined in the context of current tensions with Russia, China, North Korea, and the Middle East. The influence of nuclear weapons, space technology, automation, and future weapons development will be examined. The effects of globalization, military driven diplomacy, defense alliances, weapons treaties, government secrecy, and propaganda will be considered.

Presenter: D. Michael Simpler (LLI) is a retired airline captain with 38 years of worldwide flying experience with Pan Am and Delta Airlines. After USAF pilot training in the supersonic T-38, he flew the B-52 with a combat tour in Vietnam. His airline flying included the Soviet Union and communist East Bloc countries.

Class Limit: None

Producer: Bill Tuel

Introduction to Feldenkrais Awareness Through Movement®

Friday, 9:30 – 10:30 a.m.; June 2, 9, 16, 23

Awareness Through Movement® is a mindful way to improve how you move. The group-class format of the Feldenkrais Method, ATM, works through an ingenious combination of slowing down, reducing effort, and paying attention to sensation while being guided verbally through movement patterns fundamental to human functioning. Over a series of lessons, daily activities such as standing, sitting, walking, bending, and reaching become easier; posture, balance, and breathing improve; and relaxation and well-being are enhanced. An emphasis on individual ease and comfort makes the method especially effective for aging bodies, including those recovering from injury or sedentary living.

Presenter: Margaret Pierpont, GCFP, is a Guild Certified Feldenkrais Practitioner who teaches Feldenkrais to groups and individuals in New York City and locally. She has had a lifelong interest in movement, relaxation, and the mind-body connection. After a career as an editor and writer specializing in healthy lifestyle, travel, and spas, she chose the Feldenkrais Method as a way to keep her mind and body nimble in her retirement.

Class Limit: 20

Producer: Margaret Shuhala

The Constitution and the Bill of Rights

Friday, 11:00 a.m. – 12:00 p.m.; June 2, 9, 16, 23

This course will cover material from the Constitution through the Bill of Rights, including a discussion of two rights that are currently under attack: free speech and press, and the right to individual privacy. How and when are these rights applied? Are these rights absolute? We will also examine the U.S. judicial system and trace how rights cases reach the Supreme Court. Materials will be provided.

Presenter: Ernest Giglio is Emeritus Professor of Politics and American Studies and a Fulbright Scholar. He attended Queens College (City University of New York) and received a doctorate from the Maxwell Graduate School of Syracuse University. He has published six books, two authored and four edited, and articles in domestic and foreign journals. He has also appeared on NPR and PBS.

Class Limit: 25

Producer: Margaret Shuhala

Voice of the Poet

Friday, 9:30 – 10:30 a.m.; June 2, 9, 16, 23

Participants will read new poets, share reactions, and glance back at modern poets who may have been an influence. If the group is interested, responses may take the form of students' own poems trying to reply, idiosyncratically, to "the voice of the poet," or in any other way that is comfortable. The goal is to find new poets who please us, and in some way become articulate in our response to them, so as to better share our response. The presenter will supply materials and a list of ways that help approach the poetry.

Presenter: Helen Stevens Chinitz, M.A. in literature, M.F.A. in poetry, taught in public and private schools and in New York State community colleges for 24 years. She

has a chapbook, *Sluice* (2012), and has published poems in literary magazines. Many of her students have published poetry, fiction, and nonfiction.

Class Limit: 15

Producer: Margaret Shuhala

Making Music with Others

Friday, 9:30 a.m. – 12:00 p.m.; June 2, 16, 23

This course is for those who have played an instrument at any level, or never played, who would like to make music together with others. Participants may be surprised to learn that they can write and perform songs, fit melodies with rhythms, and better understand the use of chords and scales. No prior musical experience is needed.

Presenter: Nathan Brenowitz (LLI), a former Juilliard student, is a trumpet player and percussionist. He has played with the Woodstock Chamber Orchestra and Creative Music Studio Orchestra; he currently plays in the jazzy blues band Pops and the Weasels. He has studied and performed in many areas of the world. He holds a master's degree in counseling and continues to teach and perform in a variety of venues.

Class limit: 25

Producer: Dorothy Baran

A Voice in the Wilderness: American Nature Writers and Poets

Friday, 9:30 a.m. – 12:00 p.m.; June 9 only

After a brief overview in the classroom, participants will spend the morning outdoors walking the nature paths of the Bard College campus while reading verses from notable nature writers and nature poets. The presenter will bring a sampling—Emerson, Thoreau, Muir, Burroughs, Whitman, Dickinson, Frost. All students are required to bring a favorite quote from a nature writer or poet of their choice. Optional lunch at the Bard cafeteria and campus trail walk afterward.

Presenter: Skip Doyle is a licensed outdoor guide who leads people into nature where they encounter firsthand the experiences portrayed by these authors. He lectures throughout the Hudson River Valley on regional history, culture, and nature. He offers nature and spiritual programs at retreat houses along the Hudson River, and writes the “Valley Explorer” column for the Sunday Poughkeepsie *Journal*.

Class limit: 20

Producer: Dorothy Baran

REGISTRATION INFORMATION

Registration is online only. Visit bard.edu/lli for registration dates and deadlines, costs, and other details. Further information is also available via the LLI phone: 845-758-7314.