

Educational Courses and Social Activities for Adults
Academy for Lifelong Learning: Capital-Saratoga Region



sponsored by

SUNY EMPIRE STATE COLLEGE

2022 Spring Sessions 1 and 2

Sponsored by Prestwick Chase

Course Registration Membership Application

Registration is now open for 5-week courses starting the weeks of April 11 and May 16.

Registrations will be accepted for open courses throughout the sessions.

Some courses will sell out.

Noncredit spring courses/study groups are offered by Zoom and outdoors or on location.

Academy for Lifelong Learning at Saratoga Springs

113 West Avenue, Saratoga Springs, NY 12866

Jeff Shinaman, Executive Director, 518-587-2100, ext. 2390, Jeff.Shinaman@esc.edu

Lora Brown, Office Manager, 518-587-2100, ext. 2415, Lora.Brown@esc.edu

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

For more information on A.L.L., go to www.esc.edu/ALL.

SPRING 2022 SEMESTER CONSISTS OF TWO, FIVE-WEEK SESSIONS

Session 1: April 11 – May 13

Session 2: May 16 – June 17

- **Noncredit educational courses and social activities for older adults is what we do.**
- **If you have the time, we have the activities that will excite and delight and make you smile!**
- **We are a community who enjoys being active and motivated.**
- **We aim to stimulate the mind and energize the body in classroom and social settings.**
- **If you're looking to meet like-minded people and forming new friendships, let's go!**
- **Following CDC guidelines.**

The Academy is following all current CDC and NYS guidelines when conducting Academy events. In addition, when Academy activities are held at public or private locations, our members are also required to adhere to the guidelines set forth by the venue.

WHAT IS THE ACADEMY?

The Academy is one of over 400 lifelong learning programs affiliated with the Road Scholar Institute Network and shares their 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 at Saratoga Springs (A.L.L.) is a nonprofit membership organization whose members share enthusiasm for learning and socializing. It is an independent entity, hosted by SUNY Empire State College providing office and classroom space as well as advisory and administrative support.

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 study group leaders, donors, general volunteers, and paid staff who support the central academic mission.

Special Interest Groups (Academy Clubs) and special events are run throughout the year.

A.L.L.'S SPECIAL INTEREST GROUPS (SIGs)

The Academy's membership committee organizes Special Interest Groups (SIGs), which are offered by, and for, our members. Bridge, book discussion, theater, classical music, gardening, golf, cross-country skiing, snow shoeing and walking groups are examples. Please contact Lois Pflomm for more information: Lpflomm@yahoo.com

SCHOLARSHIPS

Scholarships are available through The Pat Leonard Scholarship Fund for those with financial need each semester on a confidential basis. To apply, send your request to: Executive Director, Academy for Lifelong Learning, 113 West Avenue, Saratoga Springs, NY 12866.

ACADEMY MEMBERSHIP DUES AND PRIVILEGES

ANNUAL MEMBERSHIP — \$75

Membership is for the fiscal year through June 30, 2022.

COURSE FEE — \$50

Please see pages 18 and 19 of this brochure for your application and waiver.

Study Group Leaders receive a complimentary annual membership valued at \$75.

Academy Membership entitles you to the following benefits:

- Eligibility to enroll in courses for this Spring 2022 term
- Invitation to the Spring Term Kick-Off event on April 5 at the Knights of Columbus Saratoga
- Participation in the Academy's Clubs or Special Interest Groups
- Participation in all special events, trips and programs (Academy Extras)
- Free subscription to A.L.L. The News monthly newsletter and weekly A.L.L. the News Now E-newsletter
- Opportunity to be an Academy volunteer and serve on Academy committees
- Eligibility to submit work to "The Apple Tree," the Academy's literary and art journal
- Invitation to, and vote at, the Academy's Annual Meeting Luncheon at Longfellow's on June 2022

SPRING TERM KICK-OFF ICE CREAM SOCIAL EVENT

Tuesday, April 5, 1 to 3 p.m.

Knights of Columbus, 50 Pine Road, Saratoga Springs

2022 SPRING COURSE REGISTRATION

Please note fee schedule and registration process below and on next page.

- + Applications for spring 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. Registrations will be sorted as they arrive by mail. An email confirming your registration will be sent.

After the initial registration period, the open 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.

Coming soon — Academy online registration information at www.esc.edu/all. Stay tuned.

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

Applications will be accepted for open courses throughout the term until courses are filled.

Course Fees: \$50 per five-week or more course

Additional Courses

Once you are enrolled in your courses, you will have the option of enrolling in additional courses in early April based on availability. Please pay for additional courses when you register for them.

To encourage good discussion, study group sizes are limited. Please indicate your choice of courses in order of preference and also list one alternate choice. If a study group is filled, you will be placed in your alternate choice. Wait lists will be established for filled study groups. Open courses will be announced in early April with registration on a first come, first served basis.

Membership dues are \$75 and go through June 30, 2022.

REFUND POLICY

If you have to drop a course, a refund less \$25 processing fee will be granted up to March 31. From April 1 to April 11, a refund less \$25 processing fee will be granted for health reasons only. Requests after April 11, 2022, will be considered on a case-by-case basis. Membership dues are nonrefundable. If A.L.L. cancels a study group, you're welcome to apply for another open course. Refunds or credit for courses canceled by A.L.L. will be given without penalty, your choice.

ACCESSIBILITY

Most A.L.L. study groups, 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 membership application. Please also consider making a bequest to the Academy for Lifelong Learning in your will.

ADDRESSES OF IN-PERSON STUDY GROUP LOCATIONS

Moreau Lake State Park, 605 Old Saratoga Road (Route 9), Gansevoort

Wilton Wildlife Preserve and Park, 80 Scout Road, Gansevoort

VFW Post 420, 190 Excelsior Avenue, Saratoga Springs

Malta Community Park, 285 Plains Road, Malta

Congress Park, 268 Broadway, Saratoga Springs

Saratoga Springs Public Library, 49 Henry Street, Saratoga Springs

Prestwick Chase at Saratoga, 100 Saratoga Boulevard, Saratoga Springs

Amity Reformed Church, 335 Riverview Road, Rexford

Saratoga Springs Senior Center, 5 Williams Street, Saratoga Springs

SUNY Empire State College, 113 West Avenue, Saratoga Springs

Saratoga Restaurant Equipment Sales, 720 Wilton Gansevoort Road, Gansevoort

Kaffee House, 120 West Avenue, Saratoga Springs

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

PLEASE BE ADVISED:

Due to COVID-19 safety precautions, the Academy office, located at 113 West Avenue, has limited accessibility at this time. Staff are mostly working remotely from their homes. Published course times could change. Be sure to take note of these changes published in the Academy's newsletter ALL THE NEWS, and E-newsletter A.L.L. THE NEWS NOW, and notices from your study group leaders during the term.

If you have any concerns, suggestions or comments, please contact the Academy office at 518-587-2100, ext. 2390.

A.L.L. STUDY GROUPS FOR SPRING 2022

Most courses are 90-minute, weekly sessions for five weeks unless otherwise noted. Some courses will not meet on holidays during the term. This chart identifies: Course Title, (max # of students) Courses are offered by Zoom unless otherwise noted. Check descriptions for specific dates.

SPRING 2022 COURSE SCHEDULE

Session 1: Five weeks, April 11 – May 13

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-11 a.m.		Spring Birding On location		Spring Birding On location	
9:30-11 a.m.				The Picaresque Novel – Origins and Evolution Part 1 SS Library	
10 a.m.- noon		Painting Lab 1 On location Prestwick Chase			The Downton Abbey Effect: The Dollar Princesses and the Saving of the British Aristocracy Saratoga Restaurant
11 a.m.- 12:30 p.m.	Less Than Human, Part 1: The Eugenics Crusade and Immigration Restriction On location SS Library	Vice Squad: Our sordid instincts through song SUNY Empire, 113 West Avenue, SS	Wilton Wildlife Preserve Walks in Nature On location	Variety Speaker Series Zoom	
Noon-3 p.m.				Moreau Lake State Park Interpretive Hikes On location	
12:30-2 p.m.		Crochet for Beginners Amity Reformed Church			
12:45- 2:15 p.m.		Journal Writing: A Path to Understanding and Healing SS Sr Ctr			
1-2:30 p.m.	Questions To Think About and Ask About When Making Decisions About Moving During the Older Years In-person SS Library	Fly Casting with Bob On location	The Ancient Game of Go – A Window into Asian Culture and History Zoom ----- Intro to Classical Music In-person SS Sr Ctr		History of Military Medicine Zoom
3-4:30 p.m.	Genealogy for Beginners Zoom	Sew What? Amity Reformed Church	Finding our way in dark times: Discussing Confucius, Analects Zoom	Italian Language and Culture Advanced SUNY Empire, 113 West Avenue, SS	

Session 2: Five weeks, May 16 – June 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-:30 11 a.m.				The Picaresque Novel – Origins and Evolution, continued Part 2 SS Library	
10- 11:30 a.m.			Chasing Mars SUNY Empire, 113 West Avenue, SS		
10 a.m.- noon		Painting Lab 2 Prestwick Chase	Wildflower Identification on location		Local Farm Tours On location
10 a.m.- 1 p.m.				Moreau Lake State Park Interpretive Hikes On location	
11 a.m.- 12:30 p.m.	On Target – Songs that Hit Their Mark Zoom		Non-Archival Book Repair Workshop On location, SS Library ----- Wilton Wildlife Preserve Walks in Nature On location	Could Indigenous Beliefs and Practices Help Heal Our Land? On location	
1-2:30 p.m.		Exploring Local History at Brookside Museum On location	Intro to iPhone Photography On location		History of Military Medicine Zoom
3-4:30 p.m.	Genealogy Advanced Zoom		Enjoying Poetry: Writing and Reading Kaffee House	Italian Language and Culture Advanced SUNY Empire, 113 West Avenue, SS	

SPRING 2022 STUDY GROUPS DESCRIPTIONS

Most study groups are five, 90-minute weekly courses in two sessions: April 11 – May 13 and/or May 16 – June 17 unless otherwise noted. Some courses will not meet on Memorial Day. Courses limited to the number of students in parenthesis ().

PLEASE CONSIDER SUPPORTING OUR LOCAL BOOKSTORES, BARNES AND NOBLE AND NORTHSHIRE, WHEN PURCHASING BOOKS FOR ACADEMY COURSES.

SESSION 1: FIVE WEEKS, APRIL 11 – MAY 13

MONDAY SESSION 1

LESS THAN HUMAN, PART 1: THE EUGENICS CRUSADE AND IMMIGRATION RESTRICTION (14) in-person Saratoga Springs Library, 49 Henry Street, Glasby Room

Mondays, 11 a.m. – 12:30 p.m., April 11, 18, 25, May 2 and 9

We will examine our cultural framework built on four centuries of “otherism” and binary thinking: theories that white, male, Protestant, financially successful and straight were, and are, “true American” characteristics; and that “others,” who differ from these traits, are inferior beings, unworthy of respect, rights, and privileges due to humans. The hugely popular American Eugenics movement, derived from Darwin’s Origin of the Species, reveals a disturbing, but instructive, undercurrent throughout American history. We will learn how scientific, religious and political leaders of all stripes and the American public were seduced by the promise of racial purity through scientific breeding to develop “True Americans.”

1. Introductions, overview, origins: Darwin, Mendel, Galton, Davenport, Laughlin
2. Immigrants: a “Necessary Evil,” polluting our American race; non-humans = non-Americans
3. “All the Rage: The Eugenics Crusade; Morons, Imbeciles ... classifying the Feeble-minded
4. Our Dear German Colleagues; The Defiant Few: Dissenting Voices
5. Today — Despair and Hope: Deep-rooted Ignorance and Contempt; Rising Voices for Unity

Suggested/not required Texts: Cohen, Adam; “Imbeciles: The Supreme Court, American Eugenics, and the Sterilization of Carrie Buck;” Penguin Books; 2016; ISBN 978-1-59420-418-0; \$15.99; Okrent, Daniel; “The Guarded Gate: Bigotry, Eugenics, and the Law That Kept Two Generations of Jews, Italians, and Other European Immigrants Out of America;” Scribner; 2019; ISBN 978-1-4767-9803-5; \$19; Brookwood, Marilyn; “The Orphans of Davenport: Eugenics, the Great Depression, and the War Over Children’s Intelligence;” Liveright Publishing; 2021; ISBN 978-1-63149-4868-0 \$28.95 (Hardcover).

Leaders: Mark Long, MPA, University of Georgia; 38 years managing public health programs and human research protection with the Centers for Disease Control and Prevention (CDC), The University of Medicine and Dentistry of New Jersey, St. Jude Children’s Research Hospital and the Department of Veterans Affairs. Since 2016, he has taught courses on public health crises and controversies; the history of science, medicine, eugenics, and racism; research atrocities and the ethical oversight of human research.

Katie Long, M.A., Philosophy, New York University; technical writer/editor 33 years: legal, engineering, public health, health education video production, medical education, and pharmaceutical thought leader meetings. Now — artist and Certified Zentangle Teacher (CZT).

QUESTIONS TO THINK ABOUT AND ASK ABOUT WHEN MAKING DECISIONS ABOUT MOVING DURING THE OLDER YEARS (20) in-person Saratoga Springs Library, 49 Henry Street, Sussman Room

Mondays, 1 – 2:30 p.m., April 11, 18, 25, May 2 and 9

Where to live during your older years is a major, often-stressful decision. Why — and when — to move? Where can you be satisfied, happy, and safe? What do you need to know to help you be better-informed and knowledgeable when making those decisions? This course describes the various housing and care options available for seniors in New York and discusses what you need to ask about and know about when considering those options.

1. Introduction. Ambience/living environment/comfort level.
2. General information. Licensed vs. non-licensed housing/facilities. Non-licensed: services and amenities. Non-licensed: types of housing/facilities available in NY.
3. Licensed: levels of health care/skilled nursing. Licensed: types of housing/facilities available in NY.
4. Ownership and management. Subsidized or private pay. Eligibility: age; health status; other factors. Application process; Waiting list. Lease; contract; residency agreement. Pricing, charges, and fees; LTC insurance.
5. Accessibility features. Staying in your own home.

Leader: Vera Prosper, MSW, Ph.D. (Public Policy and Gerontology) 30 years with the NY State Office for the Aging: Housing Specialist; Senior Policy Analyst. 10 years as Adjunct Instructor, Master’s Program, School of Social Welfare, University at Albany, SUNY.

GENEALOGY FOR BEGINNERS (20) Zoom**Mondays, 3 – 4:30 p.m., April 11, 18, 25, May 2 and 9**

This study group is designed to establish a strong foundation for beginners. Whether searching for local ancestral connections or those half a world away, this course will help you leverage the power of the Internet in your quest. The course structure offers presentations and resources on overarching topics, as well as time for discussion and collaboration.

Cost: All materials will be available for free on the leader's course website.

Text: A suggested list will be offered. None are required.

Leader: Heidi Gross has been a genealogist and family historian for 10 years. Currently, she owns her own firm, "Ancestry Investigation Services," and specializes in training seminars, professional research services and lineage society applications. In addition to her genealogy career, Heidi has worked as a human resource professional for almost 20 years. She obtained a Bachelor of Science degree in Communications from SUNY College at Fredonia, holds dual, senior professional certification designations in HR Management, and is an MBA candidate. Heidi led this course as an eight-week study group and as two, four-week study groups for the Academy in the past.

TUESDAY SESSION 1**SPRING BIRDING ON TUESDAYS IN SARATOGA COUNTY (12) 8 – 11 a.m. On location**

This course is being offered twice each week, one on Tuesdays and one on Thursdays at 8 a.m. **PLEASE REGISTER FOR ONE OR THE OTHER BY INDICATING THE DAY. Each course will be limited to 12 students.**

Tuesdays, 8 – 11 a.m., April 12 – May 10, meeting location for first course at 8 a.m. on April 12 TBD

For the Thursday course, please go to the Thursday listings.

Visit up to seven birding hotspots. Locations will likely include Vischer Ferry Nature and Historic Preserve, Saratoga Battlefield, Bog Meadow Brook, and Moreau Lake State Park among others. Expected sightings include numerous migrating waterfowl, songbirds, hawks, eagles, as well as resident breeding birds. Walks may be up to a few miles and take up to three hours. Carpool transportation to and from birding sites will be discussed and arranged on the first day of the study group. Binoculars or spotting scopes are a must.

Text: Field guides are not required but strongly recommended. Preference is "Sibley Birds East" by David Sibley, but any official field guide will do.

Leader: Rob Snell has 40+ years of birding experience. He is a financial advisor with Edward Jones and has led Making Sense of Investing and Spring Birding multiple times in the past for the Academy.

PAINTING LAB 1 (8) Prestwick Chase, 100 Saratoga Boulevard, Saratoga Springs**Tuesdays, 10 a.m. – noon, April 12, 19, 26, May 3 and 10**

The Painting Lab will offer an opportunity for A.L.L. artists at all levels and in all mediums (watercolor, oil, acrylic, pastel, pen and ink) to enjoy the company and stimulation of other artists, as well as to ensure a weekly time for art. If weather permits, the course may draw/paint outdoors. Participants work independently on projects of their choice utilizing their photos or other images. While there is no formal instruction, the leader and participants encourage and assist fellow artists. At the end of each session, participants show their completed work (or work in progress) to the group for any comments and suggestions. Participants will have the opportunity to submit work to "The Apple Tree" and also to share their work at A.L.L. annual meetings and other events, where appropriate. Participants will supply their own art materials.

Leader: Ron Ramsey's work has been featured in "The Apple Tree" and in A.L.L.'s note card series. He has led this group 17 times.

VICE SQUAD: OUR SORDID INSTINCTS THROUGH SONG (30) SUNY Empire, 113 West Avenue, Saratoga Springs**Tuesdays, 11 a.m. – 12:30 p.m., April 12, 19, 26, May 3 and 10**

Let's admit it, we all have vices. (Some are more fun than others!) Perhaps hearing about them through song will lighten the weight of guilt or inspire us to free ourselves from these burdens. Have fun listening and discussing songs that address gambling, cheating, lying, drinking/drugging' and gluttony. Or register for this course and suggest another vice and we'll feature a song about it!

Leader: Rick Hasenauer has provided a number of music related courses focusing on the Blues, Gospel, Pop and Country genres as well as songs used in protest and reflection. Rick currently serves as chair of the Executive Council of the Academy.

CROCHET FOR BEGINNERS (10) Amity Reformed Church, 335 Riverview Road, Rexford**Tuesdays, 12:30 – 2 p.m., April 12, 19, 26, May 10, 17 (note dates)**

Learn to Crochet with several easy projects for beginners or those returning to Crochet. Sc.single crochet Dc double crochet hdc Half double crochet, righthanded crafters or ability to use right hand for hook.

1. Dishcloth; 2. Headband and fingerless gloves; 3. Hat; 4. Slippers/also start a scarf to be done at home; 5. Granny Squares

Cost: \$20 for cost of materials, payable at first course.

Leader: Donna Mautone has been crocheting for over 50 years and has taught the course twice at Shenendehowa Classes in the evening. She is chair of the Academy's Membership Committee and serves on the Executive Council.

JOURNAL WRITING: A PATH TO UNDERSTANDING AND HEALING (15) Saratoga Springs Senior Center, 5 Williams Street, Saratoga Springs

Tuesdays, 12:45 – 2:15 p.m., April 12, 19, 26, May 3 and 10

Journaling is an effective and therapeutic tool for better understanding ourselves and others, managing daily stress and anxiety, improving overall health, healing old wounds, and finding answers within. There are strategies for maximizing the personal benefits by going beyond simple diary-type entries. This course will review best practices in the art of journaling, as well as offer opportunities and reasons to “go deeper.” Both long-time journal-keepers and beginners will benefit. Writing experience not required; confidentiality will be expected. Bring paper and a writing instrument to first course but do not purchase a journal ... yet.

Text: Patricia A. Nugent, “They Live On: Saying Goodbye to Mom and Dad,” Journal Arts Press, 2010, ISBN 978-0-578-08161-8, available from instructor at first course for discounted price of \$13, including tax.

Leader: Patricia A. Nugent is a retired school administrator and adjunct faculty. She is an author and editor; her two published memoirs were drawn directly from her personal journals. She volunteers to teach writing, spirituality and women’s history courses for A.L.L. Most importantly, she is a life-long journaler and highly recommends the practice, especially during these unsettling times.

FLY CASTING WITH BOB (6) on location, Malta Community Park, 285 Plains Road, Malta

Tuesdays, 1 – 2:30 p.m., April 12, 19, 26, May 3 and 10

Admit it. Each spring you have this desire to retrieve that fly rod equipment that’s buried in a closet and cast a line to a rising trout. Or, perhaps you watched “A River Runs Through It” this winter and would love to get into fly fishing. Problem is you’re a little intimidated about casting a fly line. If you are a beginner and would like to learn to cast a fly line or hone your casting skills, come join us for fly casting! Instruction will include the basic cast, roll cast, stripping and shooting line. Techniques such as mending and hauling will also be taught. So, break out that fly rod equipment and come join us! No texts required. Each participant needs to supply their own fly rod, reel with line.

Leader: Bob is a retired after teaching social studies and English to middle school students for 30 years. Fly fishing has become a passion as he started fly fishing at a young age. Fly tying and rod building keeps him busy in the winter months. Additionally, he enjoys hiking, snowshoeing, kayaking and biking. He has offered this Academy course for four sessions now.

SEW WHAT? (10) on location, Amity Reformed Church, 335 Riverview Road, Rexford

Tuesdays, 3 – 4:30 p.m., April 12, 19, 26, May 10, 17 (note dates)

Learn to make a pieced, appliqued, quilted “mug rug,” sachet, or microwavable “heat” bag (your choice); a pillow with zippered back and piping; and if time permits, a one-size-fits-most apron with ties at the waist and neck. Course will focus on the skills to create these projects, rather than broad “sewing basics” lessons. Sewing at home may be necessary to complete all projects. Some knowledge of sewing is helpful, but beginners are welcome. Students will bring an extension cord to each course and their own sewing machines (in good working order), notions, supplies, fabrics, pillow forms, etc. Vera will talk with students (perhaps by Zoom?) prior to the start of courses to answer questions and discuss the purchasing of supplies, etc.

1. Intro; cutting, piecing, applique and quilting of “mug rug,” sachet or “heat” bag
2. Apply backing and finish project from week 1, cut pillow cover and prepare piping
3. Insert zipper, piping and complete pillow
4. Cut and sew apron
5. Finish apron and all other projects

Cost: Optional good-will donation to the church for the use of their space.

Leader: Vera Kasson has been sewing for more than 50 years including garments, light tailoring, home dec, quilting, and embroidery. A “fiber artist,” her latest interests are felting vintage wool for repurposing in garments or blankets. This will be Vera’s second course for the Academy and her first since retiring as A.L.L. office manager.

WEDNESDAY SESSION 1

WALKS IN NATURE WILTON WILDLIFE PRESERVE (20) on location, 80 Scout Road, Wilton

Wednesdays, 11 a.m. – 12:30 p.m., April 13, 20, 27, May 4 and 11

These past few years have been hard on everyone. Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us. For this series, we invite you to come and immerse yourself in nature with other like-minded people who want to get outdoors. Each session will be a unique adventure as each week’s guided walk will explore a different trail to bring participants through the diverse biological communities of the Saratoga Sandplains, found in few other places in New York state. While the focus of this series is to enjoy the outdoors and explore each of the trails at the Preserve and Park, we will include information on the flora and fauna of the Saratoga Sandplains ecosystem. Late spring is the season of the endangered Karner blue butterfly, so there is a possibility of seeing this species on our guided hikes. Since 1996 the Wilton Wildlife Preserve and Park’s mission has been to “conserve ecological systems and natural settings while providing opportunities for environmental education and outdoor recreation.” Led by experienced naturalists, the walk is geared towards gentle exercise and is for participants at basic fitness levels. The walk will not take place in bad weather, so we have built in a rain day at the end. Sessions will start at our Camp Saratoga Trailhead,

where we will check in, discuss the plans for the day, and provide background information for what trailhead we will be exploring each week. Each adventure will take place on a different trail, and conditions can vary. Participants should come prepared to spend at least 1.5 hours outside. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water that will be needed during the program. Distances will be no more than two miles in a day and the terrain can vary from trail to trail. Regular walkers and experienced hikers should not have an issue. Please consider your mobility before signing up. Hiking poles are encouraged as they provide additional support.

Leader: Tori Herkalo — Education coordinator at Wilton Wildlife Preserve and Park; B.A. Environmental Studies, concentration in wildlife conservation; past — animal care and naturalist intern at the Wild Center, directed researcher in the Tanzania School for Field Studies, and Siena College research scholar for coyote abundance surveying. Tori has conducted this course many times for the Academy with rave reviews.

THE ANCIENT GAME OF GO — A WINDOW INTO ASIAN CULTURE AND HISTORY (20) Zoom

Wednesdays, 1 – 2:30 p.m., April 13, 20, 27, May 4 and 11

Go is a board game with deceptively simple rules invented in China over 3,000 years ago, and currently rising in popularity across the globe. Go's influence on Asian history and philosophy, and vice versa, are discussed. Students will be introduced to the rules and simple tactics and strategies while playing on <https://online-go.com>

1. Origins — Legends and Artifacts — The Rules of Go
2. Connections — Go Spreads through Asia — Go and Philosophy — Connecting Groups
3. Go Goes Pro — The Rise of the Japanese Academies — Moving Quickly and Lightly, Fuseki
4. Go Goes West — Go in Germany and America — Life and Death, Tsumego, Joseki
5. The Modern Era — Rise of the Machines — Tao, a Step on the Path

Leader: Patrick King is a lifelong chess enthusiast and teacher, as well as a professional educator. He was introduced to Go during the pandemic, and wants to share his new obsession.

INTRODUCTION TO CLASSICAL MUSIC (20) Saratoga Springs Senior Center, 5 Williams Street, Saratoga Springs

Wednesdays, 1 – 2:30 p.m., April 13, 20, 27, May 4 and 11

From someone who has loved classical music her entire life, owing to my father being a professional musician, I am inviting you to come and either learn more about classical music, or catch the classical music bug. We will see slides, watch videos, listen to classical compositions from Strauss to Stravinsky, and discuss the composers and review music to which you have listened between courses. There is no preparation. Just come with your ears open and your souls ready to be touched. This course was postponed from the winter session.

Leader: Patricia Brady's background is predominately in medicine, but she studied piano, ballet, and has taught three courses in her passion — music and music history, especially the classics. This is her second course with A.L.L.

FINDING OUR WAY IN DARK TIMES: DISCUSSING CONFUCIUS, ANALECTS (12) Zoom

Wednesdays, 3 – 4:30 p.m., April 13, 20, 27, May 4 and 11

In dark times, people have sought ways forward despite the ills around them. Some inspired others with their words and actions. One of the most famous was Confucius (551?-479 BC) For thousands of years, his words have influenced others. We will read and discuss some of his most famous sayings, seeing whether they may enlighten our own paths.

1. Introduction: goals and methods, background; 2. What is education?; 3. Friends and relatives; 4. Personal responses to political situations; 5. Spirituality for Confucius and his contemporaries.

Text: Confucius, Analects, tr DC Lau, Arthur Waley, or James Legge

Leader: Margaret Pearson, professor emerita, History, Skidmore College, earned her Ph.D. in Chinese History at the University of Washington (Seattle). She has studied classical Chinese texts for many decades, and taught them for over 30 years. A life member of Clare College, Cambridge University, she has published two translations of early Chinese texts. She has taught several courses for the Academy.

THURSDAY SESSION 1

SPRING BIRDING ON THURSDAYS IN SARATOGA COUNTY (12) 8 – 11 a.m. On location

This course is being offered twice each week, one on Tuesdays and one on Thursdays at 8 a.m. PLEASE REGISTER FOR ONE OR THE OTHER BY INDICATING THE DAY. Each course will be limited to 12 students.

Thursdays, 8 – 11 a.m., April 14 – May 12, Meeting location for first course at 8 a.m. on April 14 TBD

For the Tuesday course, please go to the Tuesday listings.

Visit up to seven birding hotspots. Locations will likely include Vischer Ferry Nature and Historic Preserve, Saratoga Battlefield, Bog Meadow Brook, and Moreau Lake State Park among others. Expected sightings include numerous migrating waterfowl, songbirds, hawks, eagles, as well as resident breeding birds. Walks may be up to a few miles and take up to three hours. Carpool transportation to and from birding sites will be discussed and arranged on the first day of the study group. Binoculars or spotting scopes are a must.

Text: Field guides are not required but strongly recommended. Preference is "Sibley Birds East" by David Sibley, but any official field guide will do.

Leader: Rob Snell has 40+ years of birding experience. He is a financial advisor with Edward Jones and has led Making Sense of Investing and Spring Birding multiple times in the past for the Academy.

THE PICARESQUE NOVEL — ORIGINS AND EVOLUTION Part 1 (25)**Saratoga Springs Library, 49 Henry Street, Sussman Room****Thursdays, 9:30 – 11:00 a.m., April 14, 21, 28, May 5, 12**

How best to describe and judge an unjust cruel world? Perhaps in no better way than through comedy, satire, irony — visions of society no less serious or important than those treated in so-called “serious” works of art.

The picaresque novel, from ancient Rome to modern times, has served this purpose better than any other genre. We will read and discuss some of the great examples in this tradition. So, if satire is your thing welcome aboard.

Texts: Petronius, *The Satyricon*; tr. P.G. Walsh; Oxford World Classics (1997), paperback. Lazarillo de Tormes and *The Swindler*; tr. Michael Alpert; Penguin Classics (1969), paperback. Jonathan Swift, *Gulliver’s Travels*; Dover Thrift Editions (1966), paperback. Mark Twain, *Huckleberry Finn*; Bantam Classics or Dover Thrift Editions, or Penguin. Kurt Vonnegut, *Slaughterhouse-Five*; Modern Library (1999), paperback.

Leader: Marino D’Orazio, a native of Italy, is an attorney who also holds a Ph.D. in Comparative Literature from The Graduate Center of the City University of New York. He has been a college professor of Italian and English and is a translator of both fiction and nonfiction books from the Italian. Most recently he has translated an award winning short story collection which he hopes to see published in the near future. He led Italian for Beginners Part 1 and Part 2, Contemporary American Short Stories and intermediate Italian and Dante’s *Divina Commedia* and Boccaccio’s *Decameron*.

VARIETY SPEAKER SERIES (25) Zoom — dates/presentations may be subject to change**Thursdays, 11 a.m. – 12:30 p.m., April 14, 21, 28, May 5, 12**

This study group features presentations on a different subject each week.

April 14 How does the U.S. rank globally? A Top 10 Summary!, Doug Stowell

April 21 Have you checked your personality lately?, Doug Stowell

April 28 Saratoga Sandplains Ecosystem and the Endangered Karner Blue Butterfly, Tori Herkalo

May 5 To All the Dogs I’ve Loved Before: The Human-Canine Connection, Patricia Nugent

May 12 Students from Different Lands, Exchange students, American students, and their take on America, Barbara Alfinito

Leader: Ellen Sullivan is an active member of the League of Women Voters, and recently retired from New York State United Teachers where she worked in policy and programs.

MOREAU LAKE STATE PARK INTERPRETIVE HIKES (20) Moreau Lake State Park**Thursdays, Noon – 3 p.m. (note: 3 hours) April 14, 21, 28, May 5, 12 NOTE: 2 hikes on April 14 & 21 will be 1-3pm**

Join an environmental educator on a guided hike around Moreau Lake State Park. Each week we will hike a different trail and learn some fun facts about the native flora and fauna and maybe throw in some Leave No Trace Principles. Tentative schedule: 1. Mud Pond, 2. Lake Bonita, 3. Red Oak Ridge, 4. Baker Trail, 5. Spring Overlook

Cost: \$5 per course.

Leaders: Maranda Welch has been working as an environmental educator at Moreau Lake State Park for six years.

Before becoming a state employee, I was a Student Conservation Association intern. She studied psychology in college and continued education in environmental science, realizing her love conserving our environment. She’s learned a vast array of knowledge from Gary Hill, who has now since retired, and Rebecca Mullins. She continues to bring knowledge, information, and stories along her hikes as both have done. She is an avid hiker and camper in her spare time and has learned a lot about the flora and fauna of our area. Park staff has led this group 27 times.

ITALIAN LANGUAGE AND CULTURE ADVANCED (15) SUNY Empire, Room 145, 113 West Ave, Saratoga Springs**Thursdays, 3 – 4:30 p.m., April 14, 21, 28, May 5 and 12**

Italy, and the spring and first love all together should suffice to make the gloomiest person happy. — Bertrand Russel.

Join us as we explore Italian language and culture through this informal, yet rigorous and participatory conversation group. Learn to express yourself accurately and authentically in Italian. This course will tackle more complicated verb conjugations and sentence structures while building a sophisticated vocabulary. This group is appropriate for anyone who would like to practice and learn in a fun, collegial atmosphere while honing his or her skills. Some prior knowledge of Italian is suggested; all eager conversationalists are welcome. Emphasis will be on accurate pronunciation and grammar usage in spoken Italian, with weekly discussions of current events and culture.

Readings and materials: *“Practice Makes Perfect Italian Sentence Builder”* by Paola Nanni-Tate, listed at \$13, published by McGraw-Hill and available at Amazon.com. Additional materials to augment the text will be provided by the instructor.

Leader: Francesca Cichello grew up in a trilingual home, with Italian, Spanish, and English spoken. Her formal study of Italian language and literature took place at Skidmore College, where she also was trained in the Rassias method and worked as a language driller for small groups of students throughout her undergraduate experience. She has previously led 17 Italian courses.

FRIDAY SESSION 1

THE DOWNTON ABBEY EFFECT: THE DOLLAR PRINCESSES AND THE SAVING OF THE BRITISH ARISTOCRACY

(20) Saratoga Restaurant Equipment Sales, 720 Wilton Gansevoort Road, Gansevoort

Fridays, 10 a.m. – noon, four weeks for two hours on April 15, 22, 29, May 13 (note dates) [Skip May 6]

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 WWI over 100 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 against her wishes and brought the equivalent of \$82 million with her. Some of these heiresses had successful marriages and settled into the life of their adopted county. 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: To Marry an English Lord: Tales of Wealth and Marriage, Sex and Snobbery in the Gilded Age (An Inspiration for Downton Abbey) by Gail Maccoll (Author), Carol Mcd. Wallace (Contributor). From Amazon \$15.76 paperback. Paperback: 414 pages ISBN-10: 9780761171959, ISBN-13: 978-0761171959

Leader: Kathy Welch is a former corporate attorney for several large companies including General Electric and is a certified social studies teacher in the state of New York. She has most recently been a teacher of STEM programs for gifted students through an enrichment program sponsored by BOCES. She taught two Academy courses on the solar system last fall and one on the Six Wives of Henry VIII this winter.

THE HISTORY OF MILITARY MEDICINE Part 1 (25) Zoom

Fridays, 1 – 2:30 p.m., April 15, 22, 29, May 6, 13

The employment of extraordinary means to save life while simultaneously employing extraordinary means to destroy it: No other human endeavor is as contradictory yet vital as the provision of life-giving medical care within the context of war. The story of compassion and humanity by the few in the presence of neither by the many is compelling and fascinating. This series will be a general overview of military medicine, from prehistory, the Egyptian and Greco-Roman period, Middle Ages, the Gunpowder Age and Age of Sail, through the Napoleonic Wars, Civil War, World Wars I and II, to Vietnam and to the very latest medical innovations and challenges resulting from the present Iraq-Afghan Wars. Each section will discuss the general history of the period which led to warfare, the tactics and weapons used, the type of injuries sustained, the state of medicine and surgery at that time and its application to the development of military medicine per se. Brief biographies and specific events pertaining to our subject will be described. Discussion is encouraged. Topics for Discussion: Do the conditions of warfare implement or hinder the advancement of medical and surgical knowledge? Do medical advances occur more readily during times of peace or war? Lastly, are any advances, and which ones, derived from war become applicable to the civilian population?

Leader: Gerald Stulc is a general and oncologic surgeon, retired; flight surgeon, U.S. Naval Reserve, Capt. retired. He is a writer of fiction and nonfiction, MFA, creative writing; lecturer, medicine, biology; past science editor, KJAMA. He has authored numerous science articles. He has led eight previous study groups on the history of military medicine, one on germs, a smorgasbord of his presentations, medical ethics and controversies, Modern Medicine: What's Up?, Origins of Life, History of the Second World War, Major Naval Battles That Changed The World and Evolution, History of World War One.

SESSION 2: FIVE WEEKS, MAY 16 – JUNE 17

MONDAY SESSION 2

ON TARGET — SONGS THAT HIT THEIR MARK (30) Zoom

Mondays, 11 a.m. – 12:30 p.m., May 16, 23, 30, June 6 and 13

Each of five weeks we will explore a theme that songwriters have devoted their life to describe: LOVE, TRAVEL, HOPE, PROTEST/POLITICS, and DANCE. We will listen to selected examples and discuss their effectiveness in conveying the theme's message. We will learn about songwriters, songwriting and performance aspects that made these songs significant to an audience. One of our courses may host a Songwriter of note.

1. Love, 2. Travel, 3. Hope, 4. Protest/Politics, 5. Dance* and/or Possible Guest Songwriter

Leader: Rick Hasenauer has provided a number of music related courses focusing on the Blues, Gospel, Pop and Country genres as well as songs used in protest and reflection. Rick currently serves as chair of the Executive Council of the Academy.

GENEALOGY ADVANCED (20) Zoom**Mondays, 3 – 4:30 p.m., May 16, 23, 30, June 6 and 13**

This course takes intermediate family historians to the next level. We will build on the principles and tools offered in the beginners' course. The course will be centered on individual research goals of group participants, so bring your questions, goals and previous research.

Cost: All materials will be available for free on the leader's course website.

Text: A suggested list will be offered. None are required.

Leader: Heidi Gross has been a genealogist and family historian for over 10 years. Currently, she owns her own firm, "Ancestry Investigation Services," and specializes in training seminars, professional research services and lineage society applications. In addition to her genealogy career, Heidi has worked as a human resource professional for almost 20 years. She obtained a Bachelor of Science degree in Communications from SUNY College at Fredonia, holds dual, senior professional certification designations in HR Management, and is an MBA candidate. Heidi led this course as an eight-week study group and as two, four-week study groups for the Academy multiple times with rave reviews

TUESDAY SESSION 2**PAINTING LAB 2 (8) Prestwick Chase, 100 Saratoga Boulevard, Saratoga Springs****Tuesdays, 10 a.m. – noon, May 17, 24, 31, June 7, 14**

The Painting Lab will offer an opportunity for A.L.L. artists at all levels and in all mediums (watercolor, oil, acrylic, pastel, pen and ink) to enjoy the company and stimulation of other artists, as well as to ensure a weekly time for art. If weather permits, the course may draw/paint outdoors. Participants work independently on projects of their choice utilizing their photos or other images. While there is no formal instruction, the leader and participants encourage and assist fellow artists. At the end of each session, participants show their completed work (or work in progress) to the group for any comments and suggestions. Participants will have the opportunity to submit work to "The Apple Tree" and also to share their work at A.L.L. annual meetings and other events, where appropriate. Participants will supply their own art materials.

Leader: Ron Ramsey's work has been featured in "The Apple Tree" and in A.L.L.'s note card series. He has led this group 17 times.

EXPLORING LOCAL HISTORY AT BROOKSIDE MUSEUM (25) 6 Charlton Street, Ballston Spa**Tuesdays, 1 – 2:30 p.m., May 17, 24, 31, June 7, 14**

Brookside Museum is the home of the Saratoga County History Center, whose mission is to explore and promote the history of Saratoga County. In this course, museum volunteers will lead the discussions and provide attendees with the opportunity to experience the museums history, exhibits, collections, and research resources. A short walking tour of the neighborhood will be included as a course session. Handout summaries of each week's topic will be provided to course participants.

1. May 17 History of Brookside Museum
2. May 24 Survey of Current Exhibits
3. May 31 Museum Collections
4. June 7 Research and Resources
5. June 14 Garden and Walking Tour

Leaders: Jim Richmond is the leader of the Saratoga County History Roundtable and a trustee of the Saratoga County History Center. He has recently led the teams that published *Saratoga County Stories* and developed the museum's latest exhibit "Black Experiences in Saratoga County History 1750-1950."

Anne Clothier is the education director at Brookside Museum and had created and lead many programs there.

WEDNESDAY SESSION 2**CHASING MARS (25) SUNY Empire, 113 West Avenue, Saratoga Springs, Room 137****Wednesdays, 10 a.m. – 11:30 a.m., May 18, 25, June 1, 8 and 15**

Why send humans to Mars? The goal to become a multi-planet species is shared by NASA, several presidents, billionaire entrepreneurs and explorers everywhere. But even Elton John realized the difficulties in his iconic song *Rocket Man* — "Mars ain't the kind of place to raise your kids." The red planet is our closest neighbor yet supporting a thriving colony or even a few intrepid explorers on a world so alien from our own poses significant hurdles. Even so, sending humans to Mars might help answer some fundamental questions about the origins of life and whether we are alone in the universe. It would be a stepping stone to populating other worlds in the far future. It also may be the salvation of mankind by preventing humans from suffering an extinction event here on Earth. We will examine the many economic, medical, ethical, technological and physical challenges to humans traveling to and eventually colonizing Mars.

Text: Required: *Packing for Mars: The Curious Science of Life in the Void* by Mary Roach. On Amazon \$13.44. Publisher: W. W. Norton & Company; 0 edition (April 4, 2011). Paperback: 336 pages. ISBN-10: 0393339912. ISBN-13: 978-0393339918

Leaders: Kathy Welch is a former corporate attorney for several large companies including General Electric and is a certified social studies teacher in the state of New York. She has most recently been a teacher of STEM programs for gifted students through an enrichment program sponsored by BOCES. She taught two Academy courses on the solar system last fall and one on the Six Wives of Henry VIII this winter.

Marian Roohan has over 30 years' experience teaching science here in the Capital District. She has shared her love of science with students in East Greenbush, Niskayuna and Troy City School District both at the middle and high school levels in Chemistry, Life Science and Earth Science. Marian first explored space as a participant and then teacher leader for the Astrobiology Summer Academy. She was able to present her work at the NASA Astrobiology Conference in Atlanta, Georgia. Since then, she has participated in Dream2 Explore for two summers at the Goddard Space Center in Maryland and Earth's History at the Smithsonian Science Education Academy for Teachers in Washington, D.C. She loves to learn about MARS but has no current plans to travel to the planet.

WILDFLOWER IDENTIFICATION (10) on location

Wednesdays, 10 a.m. – noon, May 18, 25, June 1, 8 and 15

Participants in this study group will learn to identify wildflowers, ferns and trees, using books as well as acronyms and seasonal and environmental clues as they explore different natural areas in Saratoga County. Each week's walk will be no longer than one mile in distance. Participants are required to be vaccinated and boosted.

Texts: Lawrence Newcomb, "Newcomb's Wildflower Guide" (Little, Brown and Co.) \$10 – \$20 on Amazon (used/ new/paper)

Costs: Hand lens, preferably X10 or greater (\$10 – \$40), notebook and pencil, water bottle, sturdy walking shoes. \$3 for handouts will be collected at the first session.

Leader: Elizabeth Collins has led wildflower walks for the Environmental Clearing House of Schenectady and has led this A.L.L. course 13 times.

NON-ARCHIVAL BOOK REPAIR WORKSHOP (6) Saratoga Springs Senior Center, 5 Williams St, Saratoga Springs

Wednesdays, 11 a.m. – 12:30 p.m., May 18, 25, June 1, 8 and 15

Do you own a book you want to keep but is in bad shape? Maybe you want a family heirloom repaired to pass on to the next generation. Or you can't use a book in its current condition and want it repaired for further use. In this hands-on workshop you will learn to and actually repair the family bible, children's books, prayer books, historical atlases, personal journals, cookbooks, scrapbooks, photo albums, wedding albums, dissertations and theses.

1. Introductions, discussion of books to be repaired, anatomy of a book
2. Survey of equipment used, practice on "dummy" books
3. Students bring their actual books; we assess the damage and plan the repair; preliminary cleaning of the item, determine materials needed, photo of "before"
4. Repair continues, items to be glued are done at this session
5. Finish the repair, take photos of "after;" certificate of completion; handout of resources

Cost: \$15 each person for materials (leader will purchase and supply the materials)

Leader: Rachel R. Baum has led book repair workshops in schools, libraries and houses of worship. She was formerly the assistant dean of the library school at UAlbany. She served as president of the New York Library Association in 2008. She has a master's degree in library science from the University of Michigan, specializing in archives and library management.

WALKS IN NATURE WILTON WILDLIFE PRESERVE (20) 80 Scout Road, Wilton

Wednesdays, 11 a.m. – 12:30 p.m., May 18, 25, June 1, 8 and 15

These past few years have been hard on everyone. Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us. For this series, we invite you to come and immerse yourself in nature with other like-minded people who want to get outdoors. Each session will be a unique adventure as each week's guided walk will explore a different trail to bring participants through the diverse biological communities of the Saratoga Sandplains, found in few other places in New York state. While the focus of this series is to enjoy the outdoors and explore each of the trails at the Preserve and Park, we will include information on the flora and fauna of the Saratoga Sandplains ecosystem. Late spring is the season of the endangered Karner blue butterfly, so there is a possibility of seeing this species on our guided hikes. Since 1996 the Wilton Wildlife Preserve and Park's mission has been to "conserve ecological systems and natural settings while providing opportunities for environmental education and outdoor recreation." Led by experienced naturalists, the walk is geared towards gentle exercise and is for participants at basic fitness levels. The walk will not take place in bad weather, so we have built in a rain day at the end. Sessions will start at our Camp Saratoga Trailhead, where we will check in, discuss the plans for the day, and provide background information for what trailhead we will be exploring each week. Each adventure will take place on a different trail, and conditions can vary. Participants should come prepared to spend at least 1.5 hours outside. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water that will be needed during the program. Distances will be no more than two miles in a day and the terrain can vary from trail to trail. Regular walkers and experienced hikers should not have an issue. Please consider your mobility before signing up. Hiking poles are encouraged as they provide additional support.

Leader: Tori Herkalo — education coordinator at Wilton Wildlife Preserve and Park; B.A. Environmental Studies, concentration in wildlife conservation; past — animal care and naturalist intern at the Wild Center, directed researcher in the Tanzania School for Field Studies, and Siena College research scholar for coyote abundance surveying. Tori has conducted this course many times for the Academy with rave reviews.

INTRODUCTION TO IPHONE PHOTOGRAPHY (10) On location**Wednesdays, 1 – 2:30 p.m., May 18, 25, June 1, 8, 15**

Courses will be held in the field in the Saratoga Springs area depending on weather. First course May 18 meets in Congress Park. Professionals know — the best camera is the one you have with you and know how to use. Learn how to operate your iPhone camera efficiently, compose pictures, touch them up later, print pictures, and share images over the Internet.

1. Introduction to iPhone cameras with first independent photography field work
2. Basic composition for compelling iPhone photos; independent field work
3. Alternative composition styles; independent field work
4. Touching up images in the iPhone and on your computer; independent field work
5. Printing and sharing images over the Internet

Equipment: iPhone

Leader: Bernie Fabry is the official A.L.L. photographer and an avid amateur photographer with occasional photos published. This is his 10th photography course for A.L.L.

ENJOYING POETRY: WRITING AND READING (15) at Kaffee House, 120 West Ave, Saratoga Springs, NY**Wednesdays, 3 – 4:30 p.m., May 18, 25, June 1, 8 and 15**

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 13 previous poetry writing study groups for A.L.L.

THURSDAY SESSION 2**THE PICARESQUE NOVEL — ORIGINS AND EVOLUTION — CONTINUED Part 2 (25)****Saratoga Springs Library, 49 Henry Street, Sussman Room****Thursdays, 9:30 – 11:00 a.m., May 19, 26, June 2, 9 and 16**

How best to describe and judge an unjust cruel world? Perhaps in no better way than through comedy, satire, irony — visions of society no less serious or important than those treated in so-called “serious” works of art.

The picaresque novel, from ancient Rome to modern times, has served this purpose better than any other genre. We will read and discuss some of the great examples in this tradition. So, if satire is your thing welcome aboard.

Texts: TBD

Leader: Marino D’Orazio, a native of Italy, is an attorney who also holds a Ph.D. in Comparative Literature from The Graduate Center of the City University of New York. He has been a college professor of Italian and English and is a translator of both fiction and nonfiction books from the Italian. Most recently he has translated an award winning short story collection which he hopes to see published in the near future. He led Italian for Beginners Part 1 and Part 2, Contemporary American Short Stories and intermediate Italian and Dante’s Divina Commedia.

MOREAU LAKE STATE PARK INTERPRETIVE HIKES (20) Moreau Lake State Park**Thursdays, 10 a.m. – 1 p.m. (note: 3 hours), May 19, 26, June 2, 9 and 16**

Join an environmental educator on a guided hike around Moreau Lake State Park. Each week we will hike a different trail and learn some fun facts about the native flora and fauna and maybe throw in some Leave No Trace Principles. Tentative schedule: 1. Mud Pond, 2. Lake Bonita, 3. Red Oak Ridge, 4. Baker Trail, 5. Spring Overlook

Cost: \$5 per course.

Leaders: Maranda Welch has been working as an environmental educator at Moreau Lake State Park for six years. Before becoming a state employee, I was a Student Conservation Association intern. She studied psychology in college and continued education in environmental science, realizing her love conserving our environment. She’s learned a vast array of knowledge from Gary Hill, who has now since retired, and Rebecca Mullins. She continues to bring knowledge, information, and stories along her hikes as both have done. She is an avid hiker and camper in her spare time and has learned a lot about the flora and fauna of our area. Park staff has led this group 27 times.

COULD INDIGENOUS BELIEFS AND PRACTICES HELP HEAL OUR LAND? (12) On Location — Outdoor pavilion at VFW Post 420, 190 Excelsior Avenue, Saratoga Springs

Thursdays, 11 a.m. – 12:30 p.m., May 19, 26, June 2, 9 and 16

Every day there are dire warnings about the effects of climate change on our environment. Perhaps by studying the ways of our indigenous people, we can figure out a better way to care for our lands.

1. Introduction to the course. Why studying indigenous practices is important.
2. Who are the Haudenosaunee? Why is their Thanksgiving Prayer so pertinent now?
3. How have Indigenous tribes protested against harmful climate practices?
4. What is the impact of returning the bison to Indigenous land?
5. By studying indigenous ways will we be able to restore our relationship to the earth?

Text: Suggested reading: “Braiding Sweetgrass” by Robin Wall Kimmerer, Milkweed Editions, 2013. ISBN 978-1-57131-356-0. Paperback. \$14.49 Amazon.

Leader: As a teacher in Early and Special Education, Carol Firestone immersed herself in learning about the environmental crisis facing all of us and has spent many years reading and studying books on trees. Carol has led prior courses on environmental issues at A.L.L.

ITALIAN LANGUAGE AND CULTURE ADVANCED (15) SUNY Empire, Room 145, 113 West Ave, Saratoga Springs

Thursdays, 3 – 4:30 p.m., May 19, 26, June 2, 9 and 16

Italy, and the spring and first love all together should suffice to make the gloomiest person happy. — *Bertrand Russel.*

Join us as we explore Italian language and culture through this informal, yet rigorous and participatory conversation group. Learn to express yourself accurately and authentically in Italian. This course will tackle more complicated verb conjugations and sentence structures while building a sophisticated vocabulary. This group is appropriate for anyone who would like to practice and learn in a fun, collegial atmosphere while honing his or her skills. Some prior knowledge of Italian is suggested; all eager conversationalists are welcome. Emphasis will be on accurate pronunciation and grammar usage in spoken Italian, with weekly discussions of current events and culture.

Readings and materials: “*Practice Makes Perfect Italian Sentence Builder*” by Paola Nanni-Tate, listed at \$13, published by McGraw-Hill and available at Amazon.com. Additional materials to augment the text will be provided by the instructor.

Leader: Francesca Cichello grew up in a trilingual home, with Italian, Spanish, and English spoken. Her formal study of Italian language and literature took place at Skidmore College, where she also was trained in the Rassias method and worked as a language driller for small groups of students throughout her undergraduate experience. She has previously led 17 Italian courses.

FRIDAY SESSION 2

LOCAL FARM TOURS SERIES (20) On location in the Saratoga Region. Locations To Be Determined

Fridays, 10:00 – noon, May 20, 27, June 3, 10, 17 - Carpooling is encouraged.

Join us as we travel through Saratoga and surrounding counties to tour five farms. Learn about agriculture-based businesses and local farms; what they grow, raise, make and sell. Hear about the challenges, discoveries, history and rewards of each local agri-business.

Leader: Scheryl LoMonico is a long-time Academy member and recent past chair of the Academy’s Executive Council.

THE HISTORY OF MILITARY MEDICINE Part 2 (25) Zoom

Fridays, 1 – 2:30 p.m., May 20, 27, June 2, 9, 16

The employment of extraordinary means to save life while simultaneously employing extraordinary means to destroy it: No other human endeavor is as contradictory yet vital as the provision of life-giving medical care within the context of war. The story of compassion and humanity by the few in the presence of neither by the many is compelling and fascinating. This series will be a general overview of military medicine, from prehistory, the Egyptian and GrecoRoman period, Middle Ages, the Gunpowder Age and Age of Sail, through the Napoleonic Wars, Civil War, World Wars I I and II, to Vietnam and to the very latest medical innovations and challenges resulting from the present Iraq-Afghan Wars. Each section will discuss the general history of the period which led to warfare, the tactics and weapons used, the type of injuries sustained, the state of medicine and surgery at that time and its application to the development of military medicine per se. Brief biographies and specific events pertaining to our subject will be described. Discussion is encouraged. Topics for Discussion: Do the conditions of warfare implement or hinder the advancement of medical and surgical knowledge? Do medical advances occur more readily during times of peace or war? Lastly, are any advances, and which ones, derived from war become applicable to the civilian population?

Leader: Gerald Stulc is a general and oncologic surgeon, retired; flight surgeon, U.S. Naval Reserve, Capt. retired. He is a writer of fiction and nonfiction, MFA, creative writing; lecturer, medicine, biology; past science editor, KJAMA. He has authored numerous science articles. He has led eight previous study groups on the history of military medicine, one on germs, a smorgasbord of his presentations, medical ethics and controversies, Modern Medicine: What’s Up?, Origins of Life, History of the Second World War, Major Naval Battles That Changed The World and Evolution, History of World War One.

For Office Use: Member # _____ Check # _____

ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION

Applications will be processed on a first-come, first-served basis. Applications will be accepted for open courses throughout the term.

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

COURSE REGISTRATION: Please list your choices in order of preference and indicate session 1 and/or session 2. 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. (HINT: List your preferred course that you predict might sell out as your first choice.)

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

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 early April based on availability. Please wait to pay for additional courses until you register for them.

Alternate course _____ Session _____

MEMBERSHIP DUES and COURSE FEES

Membership: Through June 30, 2022 (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 Recognition 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.

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