



The Chronicle

Center for Lifetime Study

FALL/WINTER 2025-2026

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Photo Contest

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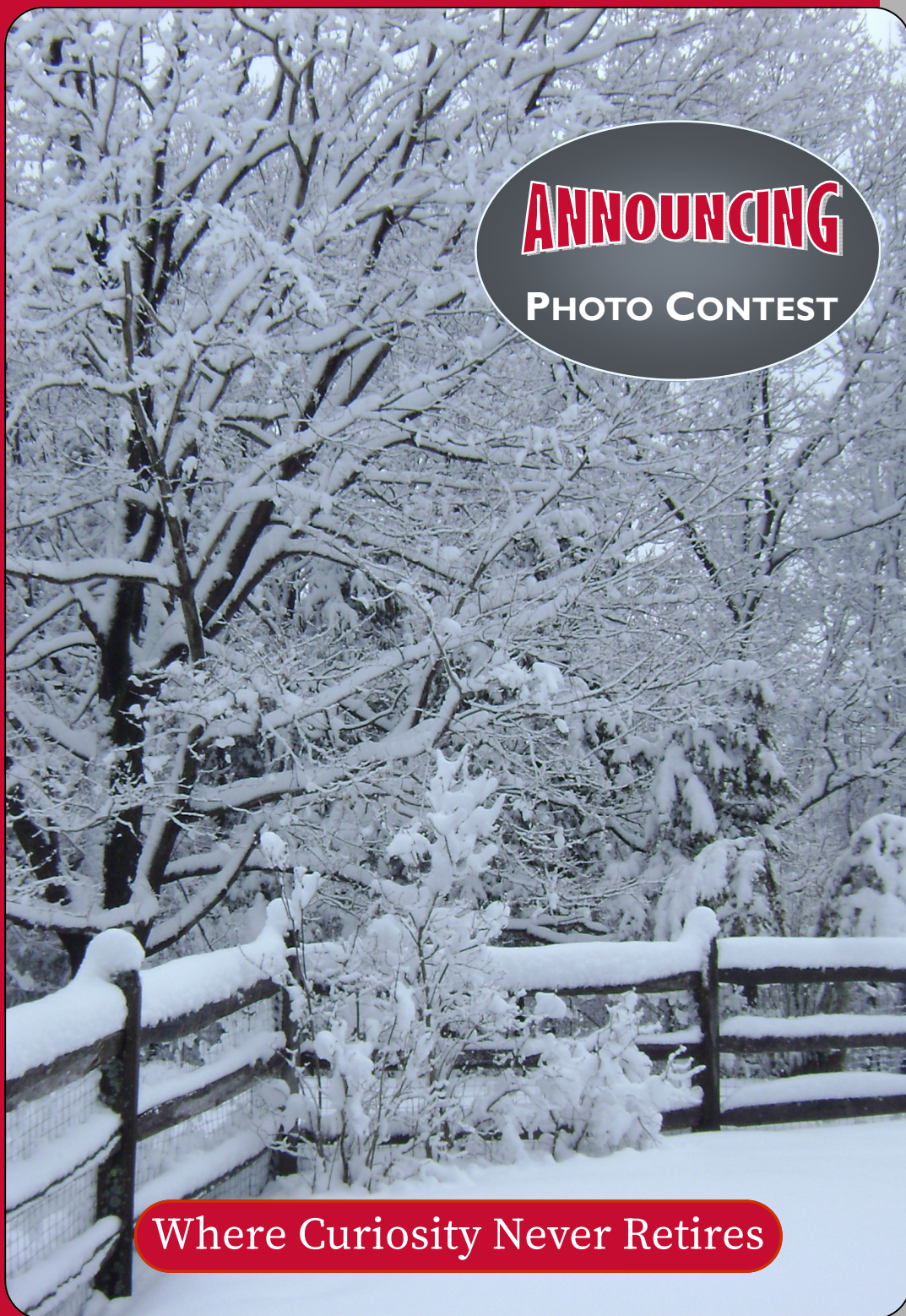
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MARIST
UNIVERSITY



ANNOUNCING
PHOTO CONTEST

Where Curiosity Never Retires

President's Message



John Wargo
CLS President

"I'm incredibly grateful to those who volunteer their time..."

'Home' for CLS Classes
The Vistors Center at Locust Grove

Photos courtesy of John Wargo

Dear CLS Members,
Another successful class semester is in the books. I'm continually amazed by the wide range of courses offered, the professionalism of the speakers, class managers and organizers, and the dedication of the many people and committees working behind the scenes to keep everything running smoothly. Planning happens months in advance for each semester, and I'm incredibly grateful to those who volunteer their time to ensure the ongoing success of our program.

This year, you may have noticed some changes, such as the new CLS Ambassador program organized by Vice President of Administration Joyce Garrity, and a fresh look at our promotional materials, including the Chronicle newsletter, led by Vice President of Public Information Fred Taber. Other up-

dates include streamlining the course data forms for class catalogs, a project initiated by Administrative Coordinator Robin Will and Vice President of Curriculum Jean Breyer.

Some things that remain constant are our dedication to community outreach, recruiting new members to share the benefits of being a CLS member, and our ongoing efforts to plan trips, special events, and social opportunities to keep things fun and engaging.

As we start the second half of our 34th year and a brand-new calendar year, I want to wish you all the best, and let's all continue learning and socializing together through the wonderful programs and offerings at the Center for Lifetime Study.

Sincerely,
John Wargo, CLS President



From the Editor

Some people are very persuasive. That's how I found myself accepting the CLS Council position of VP for Public Information, which includes becoming Editor of The Chronicle.

Merrilee Osterhoudt's convincing recruitment efforts included a lunch meeting, where Tom Wall, co-chair of Member Services, highlighted the design and editing work I did on a sponsorship brochure while serving on the Marist Red Fox Club board. Whether it was that brochure or something in his lunch, he endorsed me for the position. At the August CLS Council meeting he placed my name in nomination and I was voted in.

So here I am, with the advice and assistance from my team, offering you this edition of The Chronicle.

You'll notice that this issue of The Chronicle inaugurates a fresh new design layout and engaging content additions, while continuing to report on the goings-on of CLS. The design layout gives The Chronicle a singular "look & feel" and incorporates more visual elements,

like photographs. Plus three regular columns are introduced. They share practical knowledge on subjects of popular interest.

The "TechTalk" column, written by Herb Sweet, covers technology matters to help you stay on top of computers and other devices. In Katherine Gambino's "Potting Bench" column, you'll find tips to help you with your gardening activities. Lastly, I'll share my joy of cruising the country-side of Dutchess County and other nearby areas in my "Back Roads" column.

You'll also find a diverse round-up of the classes, trips and events from the Fall 2025 semester, and a couple of special articles/stories submitted by members. My thanks to all of the authors.

Finally, I'm excited to announce the inaugural CLS Photo Contest. Submit your favorite photo(s) with the chance to win a professionally framed enlargement. There's more contest info inside and on the CLS website.

I hope you enjoy this issue. Let me know what you think.



Fred Taber

VP of Public
Information

***"...this issue of
The Chronicle
inaugurates a fresh
new design layout..."***

The Chronicle Team

**This issue was created through the dedicated efforts of
The Chronicle team**

• Vicki Fox • Katherine Gambino • Merrilee Osterhoudt

Letters to the Editor

Email the CLS Office to reach the Editor and The Chronicle team:
CenterForLifetimeStudy@marist.edu

Photo courtesy of Fred Taber

By Ruth Kava

Fall Convocation

Dr. Lee Miringoff Delivers Keynote Address

In this all-too-political season, we've all been inundated with requests for money and polls that



Keynote Speaker, Dr. Lee Miringoff, delivers his address to CLS members

"...a poll is only as good as the questions asked, and how they're asked."

supposedly show why we should donate to this or that organization. How do we tell which polls are properly done and can be believed? Attendees at CLS's fall convocation, held on September 2, got some insights from our convocation speaker, Dr. Lee Miringoff.

Technology and is the former President of the National Council of Public Polls (NCPP). He is the founder and current director of the Marist University Institute for Public Opinion. The Institute does independent research on public opinion, as well as advises and directs surveys for other groups. In the past, they've run polls for nationally-known business and media groups such as IBM, NBC, PBS NEWS and Marriott.

As Dr. Miringoff pointed out, a poll is only as good as the questions asked, and how they're asked. It's important to ask the right questions in the right way to get information that accurately reflects what people are thinking. Further, the people polled can skew the results one way or another. It's recommended that if you're asked to donate based on the results of one or another poll, do some digging and see if the results are worth your support.

For more information about polls and understanding them, take a look at the website of the Marist University Institute for Public Opinion at maristpoll.marist.edu. The CLS members who attended the convocation address received some important information, delivered in a clear and comprehensible way. In fact, one member said as she was leaving "One of the best lectures I've heard." Can't get much better than that!

Keynote Speaker, Dr. Lee Miringoff, and Ruth Kava, Convocation Organizer



Dr. Miringoff received his Ph.D. in political science from the Massachusetts Institute of

Ed. Note: Ruth Kava is the former CLS VP of Administration. She is currently an At Large member of the CLS Council

Photos courtesy of John Wargo

Curriculum — Behind the Scenes

By Jean Breyer
VP Curriculum

For the past year I have been the CLS Vice President for Curriculum. This committee is made up of four sub-committees: Arts and Literature, Life and Leisure Studies, Science Technology, Engineering, and Mathematics (STEM), and Social Science. The sub-committee members develop the courses for CLS attendees across the three semesters – Fall, Winter, and Spring.



I collaborate with the sub-committee chairs to schedule the classes, taking into consideration the topics being presented and the mixture of instructors - CLS members who have chosen to be instructors, plus those from businesses, industry, college faculty, and other Lifelong Learning Institute groups, including those at Bard and Vassar Colleges.

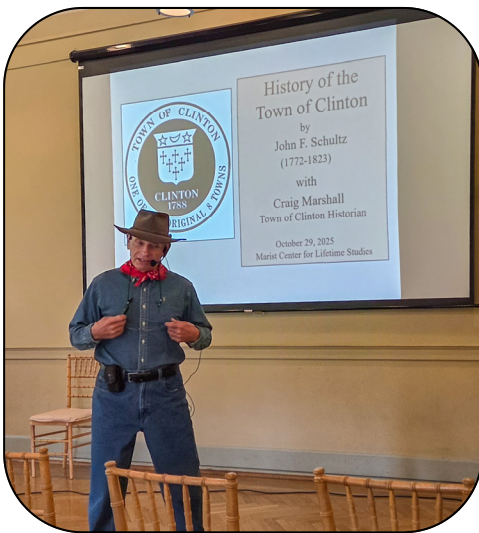
This past semester, we presented 36 classes for the Fall program, and the response was enthusiastic. A couple of classes have included trips to sites that were discussed;

for example, Locust Grove itself. We had flower design and wine tasting classes. In addition, there's an ongoing crochet group that began as an introductory instruction class a few years ago. This special interest group has continued to meet once a week when possible.

During the past year, we developed a new way to streamline the class preparation. It is effective, works quite well, and enables the sub-committee chairs to have a more efficient way of entering the information needed for scheduling.

This scheduling tool assists Robin Will, CLS Administrative Coordinator for Marist University, and me in obtaining the necessary information, such as day and time placement that is convenient for the presenter, in scheduling the classes.

Each semester I have had the pleasure of sharing the classes with our CLS members and watching their enjoyment as they attend their chosen classes.



“...we developed a new way to streamline the class preparation.”

Photos L / R

- * Thomas Walker: “China: From Earliest Times Through the 20th Century”
- * Craig Marshall: “Hudson Valley History”

Photos courtesy of John Wargo

Readings, Writings and...

By Judi Elkins



A reading led by Christine Crawfis with Glen Morrice & Jenn Propfe

For several semesters, CLS members have enjoyed readings from plays by the talented County Players actors during Christine Crawfis' "Theatre of the Mind" class.

This past semester's class, "In Conversation" went 'offstage' with a revealing peek into each actor's life. Each conversation revolved around how each one became in-

terested in, and trained for, acting, what community theatre is like for them and the variety of roles they take on besides acting. Attendees even learned about their "day job", and how the skills they have developed in each area are complementary. Additionally, there were conversations with "behind the scenes" theater staff.

Each class covered a different theater topic:

(Readings, Writings and... - Continued on page 7)

By Mary Coiteux



Linda Rappaport (2nd from left, back row) and the writers

Members of Linda Rappaport's class, The "Art and Craft of Writing & Story Telling", work on having a completed memoir story by the end of the semester.

Each week, the focus is on a different element of craft, such as catchy introduction, structure, dialogue, powerful endings, sensory descriptions, voice, and point of view.

After silent writing time, members share their assignments and give each other supportive feedback.

At the end of the semester, these creative writers became brave sto-

rytellers when they shared their work, telling their stories at an open mic "Story Slam" presentation to the CLS Community at large on November 5.

The audience was very impressed with the reading and thanked Linda and her class for sharing their stories with us.

Linda also said to her class, "I want to thank you all for your wonderful readings yesterday. It is

a privilege to be part of your journey as memoirists. "Hats Off" to these creative CLS members and Linda Rappaport for taking their show on the road with a public reading of their work.

READ ONE OF THE MEMOIRS ON P.8

These writers created a memoir story

(Front; L to R)

Ray Jung

Chris Duncan

Irene Coburn

Barbara Best

Que Sera Sera

Dad - A Remembrance

Field Trip

Ode to Corky

(Back; L to R)

Marion Lipshutz

Chris Starbala

Michael Maloney

Benita Lehmann

Katherine Gambino

Some Words About Me

Cushy Job

Nepal Lisa

Four Hours

Your Test Results

Came Back Positive

Mei's Story

Not pictured

Carol Strauss

My Happy Place

Mei Wong



Irene Coburn reads her memoir, "Field Trip"

Photos courtesy of Mary Coiteux

Readings, Writing and...(cont.)

(Continued from page 6)

- 1) Teaching Theatre with Connie Rotunda and Catherine Rush
- 2) The Sound of Theatre with Mark (Wedge) Weglinski
- 3) Tandem Theatre (Couples) with Doug & Julie Woolley and Mike & Connie Boden
- 4) Building a Theatrical Ensemble with Kit Colbourn, Janet Nurre and Dylan Parkin
- 5) Information Technology & Theatre with Christine McCarthy and Glen Morrice
- 6) Old Friends in Theatre with Michael Frohnhoefer and Bruce Pileggi
- 7) A Life in Community Theatre with Brian Matthews, Jenn Propfe, David Ringwood, and Cindy Topps
- 8) Cold Buffet. "You bring it, We read it"

Each week was like going to a party where everyone has something interesting to say.

Marilyn, a new member, commented "It has been fascinating to learn about the variety of jobs in

theater from the interesting people who do them."

Susan, an attendee of the Theatre classes from the start (5 semesters), enjoyed learning about the many components involved in putting on a play, and getting to know the actors on a more personal level.



The Actors

Front: Kit Colbourn, Julie Woolley, Doug Woolley, Cindy Topps

Back: Mike Boden, Glen Morrice, Jen Propfe, David Ringwood

Not pictured: Janet Nurre, Connie Boden

Photo courtesy of Mary Coiteux

One CLS member commented: "No technology, no graphics, just interesting people talking about their theatrical passions thanks to a moderator who knows how to draw them out with questions designed to bring out heartfelt answers."

Christine's comment to her actors was, "I enjoy the community that has formed around these CLS classes. Your support and talents are responsible for that success."

"...interesting people talking about their theatrical passions..."

Join "The Chronicle" Team

If you enjoy writing, editing, proofreading or other aspects of producing a newsletter, become a member of The Chronicle team.

Help us keep our CLS community well informed!

Contact the Editor or the CLS Office if interested.

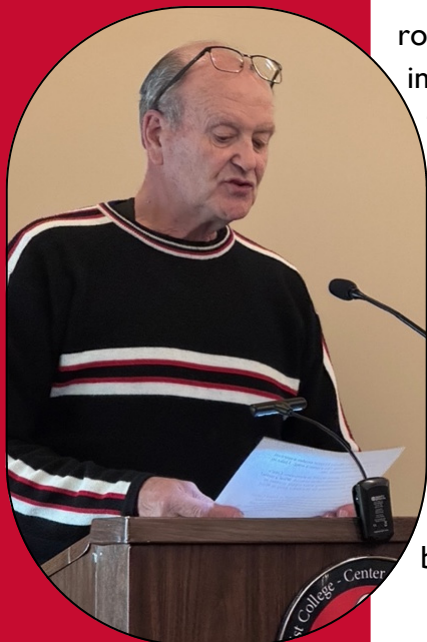
Dig out those pens & pencils



By Michael Maloney

Lisa and the Light

Ed. Note: This is an abridged version of Mr. Maloney's memoir



Michael Maloney reads his memoir at the 'Story Slam'

Five characteristics of a memoir are that it focuses on a specific time or theme in the author's life, is told from a first-person point of view, includes truth and honesty (even if memory isn't perfect), incorporates a strong narrative arc with literary elements like dialogue and sensory details, and is unified by a central theme or argument.

Photo courtesy of Mary Coiteux

The wind whispers Lisa to me as it slips through the narrow Himalayan canyon. Mt Everest in Nepal is only 6,000 miles away from my Lisa who is volunteering in West Africa. Only 6,000...

Our first time together was just months ago at Penn Center, during Peace Corps training. We shared longing glances in class until the frustrated instructor interceded, "Hello. Hello you two. Look this way, please." But it was a spell that wouldn't break.

After dinner that fourth evening, as the humid night air enveloped us, Lisa says, "Let's get away. Let's go for a drive."

"This way Ms. Barros". I hold the door to my VW, "Your limousine awaits".

"Delighted", she responds and slips in. As we cruise the swampy, isolated back roads we laugh and kid one another. Lisa, more serious for a moment offers, "Look how the moonbeams make the hanging Spanish Moss appear as ghostly beards."

We look at one another and laugh. The VW coughs and shudders, then rolls to a stop. There is nothing but swamp and we are out of gas.

Lisa frowns, then smiles and laughs. With the devil in her eyes,

Lisa says, "We can still enjoy the night." She leans over and kisses me. I kiss her back. Now a longer kiss!

Out of no-where a fast-moving light, making a faint humming noise, approaches quickly. We squeeze each other tighter! The cool light hovering overhead blinds us. I pull the door shut. Then it's gone.

Lisa whispers, "Mike, my spine is tingling!"

"I know, I can feel it."

She asks "How do we get back?"

"Look, there's a faint light in the distance, Let's go." I say.

"Ah," Lisa says, moaning as we arrive, "Light blue trim around the doors and windows." She adds, "Local folks believe it keeps the demons out."

Suddenly, charging through the deep weeds, with the bone-white light making his image surreal and flickering, a crazed dog closes fast. Closer, twenty feet, ten feet. In those fleeting seconds adrenaline surges through me. With the look of a madman, I push Lisa behind me. The Marine I once was, I am again. I lean in towards the charging beast! "I'll strangle it!"

Suddenly an unseen chain goes taut. Instantly the raging dog stops and is dropped to the ground. An elderly lady appears in a worn-out

(Lisa and the Light - Continued on page 9)

Lisa and the Light (cont.)

(Continued from page 8)

night gown on the porch and offers us help. As her son retrieves a can of gasoline, Mariama explains the legendary Frogmore Light we saw, and the root women of the marshes. She mentions the occasional tourist who disappears, becoming a

zombie-like creature she says she has seen in the morning mists. She also says we are fortunate. Our sense of good fortune is mixed in a cauldron of emotions; fear, awe, thankfulness and our evolving love. I reflect as I hike. I am chasing a light and a love, I still can't explain.

My God is Right and Your God is Wrong

That was the title of a four-week provocative course this past fall. Each of the four speakers came at the topic from a different viewpoint. John Scileppi, a CLS member with a Catholic background, Paul Larsen from Fishkill Baptist Church, Imam Ahmad Yasin from the Mid-Hudson Islamic Association, and Tyler Jones, a retired Episcopal priest, each had the podium for a day.

As an example of the differing viewpoints presented, one presentation was titled "My God is Right....The Case for Celebrating Diversity", while another was titled "My God is Right - The Beneficial Case for Exclusivity".

Some may consider politics and religion to be taboo subjects in po-

lite company, but here at CLS we strive to discuss divisive matters in a civil manner. This course delivered the goods. The audience asked respectful questions and made insightful comments.

Who knows? Perhaps we can expand on such offerings in the future.

L to R: Pastor Tyler Jones & Imam Ahmad Yasin



Photo courtesy of Dewey Lee

For the unabridged story, visit the CLS website: [Class Handouts page](#), Fall 2025, class AL9.

By Dewey Lee
CLS Secretary

...“at CLS we strive to discuss divisive matters in a civil manner”

Travel Stories Wanted

CLS members like to travel. If you've got an exciting, unusu-

al or out-of-the-ordinary travel tale to tell, share it in The Chronicle.

Submit your travel or other story to the CLS office:
CenterForLifetimeStudy@marist.edu

By Marion I. Lipshutz,
MA, MSLIS

“It’s dangerous to generalize about Africa—a continent of 54 countries...”

Great Decisions: Africa

During the Spring 2025 semester, I attended the presentation on Africa by David McKay as part of the Great Decisions Series at Marist CLS.

In this response, my online research emphasizes three areas: paleoanthropology, foreign policy, and African scholarship by Africans. I concur with Linda Nordling that “It’s dangerous to generalize about Africa—a continent of 54 countries whose roughly 1.4 billion inhabitants speak more than 2,000 languages.” (“Raising Up African Paleontologists,” *Sapiens*, September 8, 2021).



The Countries
of Africa

ma Firestone points out that “Lucy provided evidence...that hominins were bipedal over three million years ago.” (“A Groundbreaking Discovery Turns 50: Celebrating the Story of Lucy,” Anna Alger, *Cleveland Museum of Natural History Science Blog*, November 24, 2024).

Foreign Policy: Mr. McKay said that he was unable to discern President Trump’s approach to foreign policy in Africa. However, William Shoki critiques his affinity for white nationalist Elon Musk in “Elon Musk is a Mouthpiece for South Africa’s Far Right,” *Jacobin*, February 10, 2025. Shoki cites Musk’s attempt to incite “a global right-wing panic over South Africa’s land ownership laws” and empower “Afrikaner nationalist groups.” Trump issued an executive order ending U.S. aid to South Africa and encouraging “ethnic Afrikaners . . . to resettle in America.” This policy is in stark contrast to Trump’s deportation policies.

African Scholarship on Africa: Professor Patrica Daley centers Marxist, feminist, and decolonial intellectuals who engage in a “defiant scholarship” of resistance to European colonialism. (“Defiant Scholarship: Learning from African Intellectuals,” *Antipode Online*, April 17, 2023). She includes an extensive list of references. I invite you to explore one or more of these sources.

Paleoanthropology: Mr. McKay’s discussion of hominin bipedal locomotion conflated “man” with humanity, thereby obscuring anatomically female fossil discoveries. Foremost among them is the hominin discovery known popularly as Lucy—unearthed in Ethiopia by Dr. Donald Johanson in 1974. Dr. Em-

The views and opinions expressed are solely those of the author and are not a reflection of the views and opinions of the CLS organization.

Getting Your Amaryllis to Bloom Again

Many of us receive beautiful amaryllis plants for the holidays. But we often throw out the plants once the blooms have faded. Did you know that you can carry over these stunning bulbs and get them to bloom again next year? It does require time, bright light, and a bit of storage space. Amaryllis bulbs are expensive and with a little effort, are well worth keeping for a repeat cycle of bloom.

When you receive your potted bulb, if it's not yet in bloom, place it near a source of direct or bright indirect light and warmth. Every other day, water the bulb until the water drips out of the bottom of the pot. The leaves will emerge rapidly, and the flower stalk will grow tall in short order, so be sure to stake it securely. If the amaryllis is already in bloom, water regularly (every two or three days). Depending on the variety, a second flower stalk may also emerge, giving you another round of blooms.

When all of the blossoms have shriveled up, cut the flower stalk as close to the base of the plant as you can. Leave the plant in bright, indirect light for the rest of the winter and spring, continuing to

water, but now only once per week. When Spring fully arrives (late May), you can either transition the amaryllis to a patio or a deck where it will receive dappled shade, or less than 4 hours of direct sunlight.

Water every day. Amaryllis bulb pots are small, and the moisture will evaporate quickly.

In September, before the first frost, move the plant inside and place the entire pot into a dark closet. The leaves will dry up completely. Feel free to remove the dry leaves.

In early November, bring the amaryllis back out into the light. You can refresh them by repotting them in a similarly sized pot with new potting soil. After repotting, place them in a bright window, and watch them grow and bloom again.

Nature never fails to delight.

Potting Bench

Katherine Gambino



Amaryllis plants can be nurtured to bloom in subsequent years, adding beauty and color to the holiday season



Photo courtesy of Katherine Gambino

By Merrilee Osterhoudt

The Heart of the Matter

A Closer Look at Heart Health

For the past eight years, Nuvance Health (formerly HealthQuest) has been a valued and consistent contributor to the CLS curriculum. Working closely with CLS curriculum developers, Nuvance has created courses that address the most common and pressing health concerns facing older adults.



Class manager Rhonda Eickman, with Chris Starbala, assist Dr. Sevilla Cazes demonstrate the apparatus used to insert cardiac shunts

The Nuvance Health Heart Center is located at 1 Columbia St. in Poughkeepsie

Each year, Nuvance engages physicians and other medical professionals to present timely topics from across the healthcare field. Their goal is to provide our members with clear insights into emerging technologies, greater confidence in making informed health decisions, practical strategies for adopting preventive habits, and encouragement to engage in meaningful conversations with their healthcare providers.

Dr. Sevilla Cazes demonstrates the apparatus used to insert cardiac shunts



Photos courtesy of Merrilee Osterhoudt

This fall, course attendees at “**The Heart of the Matter**” learned about managing heart and vascular conditions in an informative four-part lecture series.

Through interactive lectures and demonstrations, four heart and vascular specialists from the Nuvance Health Heart Center guided the class through prevention, treatment, surgery, and research topics covering the most current developments in cardio technologies. At the conclusion of this series, participants left with practical knowledge, confidence, and tools to be active participants in the management of their own heart health.

Topics and Presenters

“Procedure to lower your blood pressure: Interventional management of hypertension with renal denervation” - Dr. Nicholas Varunok

“Valve Disease: Causes, Symptoms and Treatment Options” - Dr. Arjun Gupta

“Heart Failure: What Is It, Diagnosis, and Treatment Options” - Dr. Jasjit Bhinder

“Cardiac Catheterization Lab/ interventional Cardiology/STEMI” - Dr. Sevilla Cazes

Our partnership with Nuvance has proved to be a valuable benefit for both CLS and Nuvance Health, and we hope to keep it thriving for years to come.

Sip, Drizzle, Savor

By Merrilee Osterhoudt

Last spring, Arnie Serotsky offered “The World’s Great Wine Grapes: Old World and New World Versions”, one of his tantalizing classes on wines of the world, to both CLS and Vassar LLI.

Each week, class members learn how terroir, grape variety, and winemaking techniques shape the character of wine produced from one of the world’s great wine grapes. Following each lecture there would be a comparative tasting of a fine old world (i.e. European) version and a new world (i.e. Western Hemisphere, Africa, or Australia/New Zealand) version of a wine made from that week’s grape.

In August, as an extension to the class, CLS and Vassar LLI class members were invited to a private tasting at The Blue Olive, an olive oil and vinegar store, and La Caviste, a wine shop. Both are located in Eastdale Village on Route 44 between Poughkeepsie and Pleasant Valley. Fifteen CLS members and their spouses participated in a delightful evening.

The first stop was at The Blue Olive, where the proprietor and certified olive oil sommelier, John Canevari, guided us through a short history, production methods, and tasting techniques of olive oils and vinegars. For the next 40 minutes we were free to explore the expansive

array of products offered at The Blue Olive and to taste and compare the vast variety of olive oils and vinegars. In the spring semester, John will be teaching a 4-week class on oils and vinegars for CLS.

We then strolled next door to La Caviste, where Antoine Lefort, spouse of the owner Amandine Noca, hosted a private wine tasting for our group. Antoine guided us through an exploration of the nuances of aroma, flavor, and texture across different varietals. Among them were Gallardia Old Vine White, Rall Grenache Blanc and Pinot Noir from Saurwein Vineyards. We learned to observe color and clarity, and how to swirl to release bouquet. The accompanying charcuterie hit the spot.

All in all, the evening combined education with culture and enjoyment.

The Blue Olive’s John Canevari shares his olive oil expertise



Photo courtesy of John Canevari

...“the evening combined education with culture and enjoyment.”



Photo courtesy of Fred Taber

La Caviste’s Antoine Lefort guides the wine tasting

We hope that this was just the first of many more future opportunities for joint events with other LLIs

CLS Fall Trips

Ed. Note: This past Fall the CLS trip committee, led by Pat Luczai, organized three trips to local historical and cultural sites: the Van Wyck Homestead, the Putnam History Museum and Olana. These 'field trips' are an attractive and enlightening complement to the classroom courses.

By Pat Luczai

Van Wyck Homestead



Van Wyck Homestead



Kay Saderholm & Anne Matheus enjoy the tour

On October 16th, CLS members visited the 18th century home of Cornelius and Hanna Van Wyck. Historical Society volunteer Steve Lynch spent over two hours guiding us through the house and even included some 'sneak peeks' beyond the usual rooms typically shown to the public. Built in 1732, this classic Dutch Colonial is listed on the National Register of Historic Places.

We learned about the role that the house played during the American Revolution. Its location near the Fishkill Supply depot caused it to be requisitioned by the Continental Army as a headquarters for General Isra-

el Putnam and was subsequently visited by a number of heroes of the Revolution including George Washington, John Adams, Alexander Hamilton and the Marquis de Lafayette.

The Fishkill Historical Society was formed to save the house when the plan for construction of the Route 84 interchange included its demolition. Prior to the opening of the Dutchess Mall, archaeological digs were conducted in the area and many of the artifacts discovered are on display.

Those on the tour expressed their interest in seeing a local site that had often been the object of their curiosity whenever they had passed by but had never before had the opportunity to visit.

Note: The Van Wyck homestead was part of a vast landholding that was commandeered to become the Colonial Army's Supply Depot. The entirety of the acreage was used for farming, troop encampments, warehouses of munitions, uniforms, blankets and food, a hospital and burial grounds.

Coming Soon

Don't miss out!
Be sure to sign up for a Spring trip

"We learned about the role that the house played during the American Revolution"

Photos courtesy of Pat Luczai

CLS Fall Trips

Olana

The Exotic Summer Estate of American Landscape Painter, Frederick Church

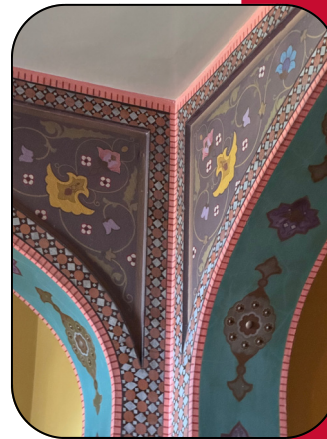
Frederick Church was the most famous American landscape painter of his time (the mid-1800s) and also became renowned for his travels to Mexico, the Caribbean, the Arab world and India. All those influences resulted in the architecture and decoration of his summer home near Hudson, NY, called Olana.

He and his wife Isabel (whose inheritance provided the capital) designed and decorated this home with exotic Moorish and Oriental design influences. He sketched the intricate patterns for the doors, and together they selected the wall colors and furnishings to create an exotic respite high in the Hudson Valley.



By Katherine Gambino

Olana's architecture and décor were influenced by Frederick and Isabel's travels abroad. Together they created a home that served both as an artist's studio and as a showcase for their collected treasures and decorative arts.



The house features exquisite details and repetitive patterns that evoke a grand Moorish home.

Photos courtesy of Katherine Gambino

Putnam History Museum

An opportunity to visit the Putnam History Museum brought a group of CLS members to Cold Spring in late September.

The one-hour tour, led by our guide Kara, was informative and enlightening. We learned about some of the history of Putnam County, with exhibits that included: West Point Foundry, the American Revolution in the Hudson Highlands, and Spotlight on Ships.

The Marist CLS group was

amazed at her vast knowledge, making history come alive for all of the participants. They are still discussing the information presented and highly recommend a visit to the museum for anyone interested in local history!

By Denise McGinley

Regimental Jackets

Photos courtesy of Denise McGinley



CLS Members on the Tour

By Laura Coons
Special Events Chair

Special Events

Open House

Potential members experience a sample of what CLS has to offer

The new member Open House, held on November 17th at Locust Grove, was a great success.

Attending were a large number of potential new members with their CLS member hosts. They enjoyed a host of refreshments before the program began.

CLS President John Wargo gave a wonderful introduction describing CLS, and explained the types of courses that are available

for enrollment.

Attendees were then treated to 32-year member Stan Schmidt's "History and Evolution of CLS" followed by two mini-classes, one by Leathem Mehaffey on "Climate and Extinction: Five Events that Changed the World" and the second by Vicki Fox on genealogy: "A Free Tool for Genealogy".

All were excellent presentations enjoyed by those attending.

A good number of new members signed up for the coming semester, making this a very successful event; thank you to all who assisted.

Leathem Mahaffey
presents a mini-class



Holiday Lunch

Members gathered at Locust Grove to celebrate the Holiday season

The CLS Holiday Party was held on December 9th at Locust Grove.

Enjoying the food and socializing were a full house of CLS members.

The buffet menu provided was enjoyed by all. For the dessert table, members brought a great assortment of cookies. Everyone enjoyed the variety of the selections.

Kristine Cullen and Robin Will look over the cookie selections on the dessert table

What topped off the afternoon was the music - a great selection of Holiday Music filled the room.

A good time was had by all.

Thanks to my wonderful committee members. They were invaluable to me; I could not have done this without them. Also, thanks to Robin Will for her help and assistance as well.

My committee and I are looking forward to next year's party.

Ed. Note: Special thanks to Lou Newman for bringing the leftover food to Dutchess Outreach.



A beautiful
centerpiece
graced each table



Photos courtesy of Mary Coiteux

Meet The Mini PC

Most of our computers are a desktop (aka tower), a laptop, or an all-in one with computer and monitor in one box. Now there is a new choice - the Mini. It is really small, typically being about 2 x 5 x 5 inches.

But don't be fooled by the small size -- the performance is not mini. If your computer is in the range of 5 – 10 years old, expect the Mini to be at least twice as powerful. That means a lot less waiting around for things to happen. And, the price for these little boxes is remarkably low. My last desktop was assembled nine years ago at a cost of \$1,400. It was replaced with a \$350 Mini PC having three times the performance!

Replacing your computer every 5 to 10 years is generally recom-

mended. If you are still running Windows 10, be aware that maintenance and security from Microsoft ended in October 2025. New computers will have Microsoft-supported Windows 11 installed, resolving the Windows 10 security issue, and when properly configured, will deliver a big improvement in performance.

For the typical user, I would recommend the following Mini computer configuration:

- CPU: AMD Ryzen 5, 7, or 9
- RAM: 16 Gb
- SSD: 500 Gb or 1 Tb

For a desktop, laptop or all-in-one computer with the same configuration, expect to pay from \$800 to \$1200.

TechTalk

By Herb Sweet

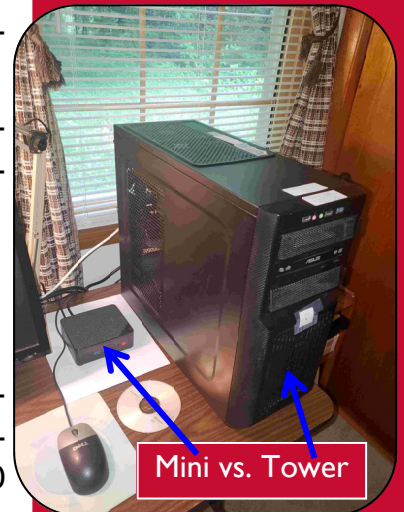


Photo courtesy of Herb Sweet

Golden Greetings

Meet Your CLS Ambassadors

Have you spotted our smiling CLS Ambassadors in the hallways of Locust Grove? Wearing harvest gold badges, they are here to offer friendly support and a warm welcome throughout the academic year.

The Ambassadors Initiative is a heartfelt effort to ensure that every CLS member feels seen, valued and connected. Whether you are new

or returning, we hope you've had a chance to meet our Ambassadors. They are ready to greet you and help you feel at home.

You'll find us near the coffee table, too. Please stop by; we'd love to say hello and get to know you!

By Joyce Garrity
CLS VP Administration



Ambassador's Recognition Tea

L to R: Rosemary Horton, Rosemary Butts, Mary Lou Davis, Pegen Wall, Tom Wall, Merrilee Osterhoudt, & Denise McGinley. Seated: Joyce Garrity

Photo courtesy of Robin Will

Wurtemberg Road

Back Roads

By Fred Taber

*“a well
preserved mid-
1700’s cultural
landscape”*

Its many fine restaurants often inspire me to drive to Rhinebeck for dinner. One time, in an exploring mood, I ventured along Wurtemberg Road. And what an unexpected treat it was.

Wurtemberg Road parallels 9G for about 2.5 miles, and, though it is separated from 9G by just a few hundred feet, you’ll leave the 21st

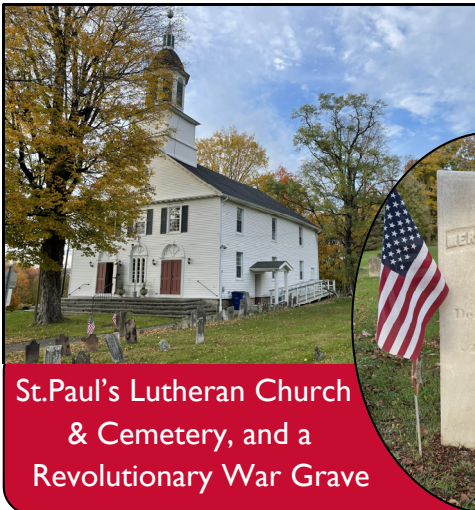
land grant from Henry Beekman, the hamlet of Wurtemberg was established in the 1750s.

The National Register of Historic Places lists 4 Wurtemberg Road properties: Marquardt Farm (1810) at #531, the John H. Traver Farm (c. 1876) at #430, St. Paul’s Lutheran Church and Parsonage (1802) at #371-381 and the Pultz House (c. 1750) at #340. Along the way, you’ll encounter numerous other antique homes and barns.

The historic homes are privately owned today. However, St. Paul’s Lutheran Church still holds services. The church property includes the resting place for 9 Revolutionary War veterans in the original cemetery on the north and east sides of the church. The American flag flies at each of their graves.

The contemporary and scenic Buttonwood Farm (thoroughbred horses) graces the northern end of Wurtemberg Road at its intersection with 9G.

Heading to Rhinebeck, you’ll elevate a routine trip on Route 9G with a brief detour on Wurtemberg Road.



St. Paul's Lutheran Church
& Cemetery, and a
Revolutionary War Grave

century behind and encounter a well preserved mid-1700’s cultural landscape. Some Palatines, who had emigrated from Wittemberg, Germany, eventually settled along Wurtemberg Road, where they created a prosperous farming community. On a



Buttonwood Farm

Getting there: heading north on Route 9G, take a right on Primrose Hill Road (County Route 84), then take the first left on to Wurtemberg Road. The north end of Wurtemberg Road returns you to 9G.

More Info: www.stpaulslutheranatwurtemberg.com/who-we-are

Photos courtesy of Fred Taber

New CLS Council Members

Joyce Updegraff Garrity
VP Administration

Born in Texas and raised in Dutchess County, NY, Joyce Updegraff Garrity was educated in local schools, and went on to college at Villanova University in Pennsylvania, and Mt. St. Vincent University in Riverdale, NY.

She returned home to teach elementary school and later served as Education Director for the Child Abuse Prevention Center (15 years) and Executive Director of the Dutchess County SPCA (14 years), retiring in 2013.

Joyce treasures each chapter of her career, but considers her most

important role to be wife to CLS member, John Garrity, and proud mother of four, and grandmother of seven.

As CLS Vice President Administration, Joyce launched the Ambassadors Initiative to ensure every member, new and returning, feels welcomed. She chairs the Convocation Committee, and has served as a class manager - she will be happy to share insights about this rewarding role!

Joyce is energized by the CLS community and looks forward to learning and connecting with each member.



Joyce launched the CLS Ambassadors Initiative in the Fall

Photo courtesy of Joyce Garrity

Fred Taber
VP Public Information

Dutchess County has been my home for over 55 years. Upon earning my Bachelor of Science degree in Electrical Engineering from Southeastern Massachusetts University (now UMass Dartmouth), I took a position with IBM Poughkeepsie as a Test Engineer.

That meant leaving the place where I grew up, along the south-east coast of Massachusetts. I swapped my enjoyment of going to the beach in the summer with hiking wherever there was a trail to be explored. Many a day has been

spent in the woods and hills of Minnewaska, Mohonk and the Catskills. Yet, you'll find me vacationing yearly on Cape Cod to refresh my attachment to being at the beach.

At IBM, initially in Poughkeepsie and later in E. Fishkill, I was fortunate to have worked on many challenging design projects and to have managed many very talented technologists.

A few years before retiring from IBM, I co-founded a technical conference, the BiTS Workshop, and was its General Chairman for 15 years before I turned the reins over to a colleague. Taking the ex-

(New CLS Council Members - Continued on page 20)



See page 24 for a complete list of Council members

Photo courtesy of Fred Taber

New CLS Council Members (cont.)

(Continued from page 19)

pertise in testing semiconductors that I accrued over the years, in retirement I also began consulting. That work primarily focused on assisting attorneys with patent litigation as an expert witness.

I joined CLS in 2019, taking the last of the in-person classes that Fall before the COVID interruption slowed getting acquainted with the CLS community. The return to in-person classes and teaching a class accelerated my becoming more engaged with all that CLS has to offer, especially all the inspiring members I've come to know.

As the VP for Public Information my goal is to work with my team to deliver information about CLS for members and the outside community. To start, a redesigned 'The Chronicle' is introduced with this issue, and the redesigned CLS Info Card (commonly called a Rack Card) is at the print shop. For additional public outreach, the plan is to engage the local media in the future.

When you see me around Locust Grove, please don't hesitate to say hello and chat. I welcome your comments and suggestions...and getting to know you.

Fred led the redesign of 'The Chronicle' and the CLS Info Card



Membership includes access to Marist's Library, Pool and Bookstore

The Gift of Lifelong Learning

Where Curiosity Never Retires

Give your friend or loved one a gift of continuous learning at the Center for Lifetime Study (CLS), administered by Marist University.

You can give a gift of a full year, including the Fall, Winter and Spring semesters, or a half year, which includes the Winter and the Spring semesters.

Give the gift your recipient can use to kick off retirement, keep their minds active, and make new and interesting friendships.

With classes offered across a wide range of topics, such as the arts,

history, science, travel, music, movies, and many more interesting subjects, your gift recipient is sure to find classes that fit their interests and curiosity.

Most Fall and Spring classes are held at the Locust Grove Visitor Center; it's ZOOM for the Winter mini-session.

Because CLS is a volunteer-run organization, tuition fees are very affordable. Contact the CLS Office at 845-575-3902 or CenterForLifetimeStudy@marist.edu for further information.

ANNOUNCING

Photo Contest

The Inaugural CLS Photo Contest

Everyone loves photos and CLS wants to showcase the creative and inspiring photographic talents of its members(*).

The contest begins on February 2, 2026 and ends on May 1, 2026. Winners will be selected and informed no later than June 30, 2026. There is no entry fee.

Photos can be entered in any of three categories:

- Landscape and Architecture
- Nature
- Mid-Hudson Valley

A description of the categories can be found in the Contest Rules.

Prizes: The winner in each category will receive a professionally framed enlargement of their winning photo.

The awarded photos will be displayed and prizes presented at the Convocation in early September 2026.

Whatever camera you use, whether it's a simple point & shoot, a professional grade DSLR (digital single lens reflex), a smartphone camera or something else, submit your digital photo today!

For all Contest Rules and the Entry Form. Visit the CLS website:

marist.edu/extended-learning/cls/special-events



Thank You to the photo contest sponsor
The Village Frame Shop

The Village Frame Shop is family owned and operated since 2010. They offer fine custom framing, and is the home to a local artists gallery.

They are located at 696 Suite D, Route 44, in Poughkeepsie (next to Enterprise Car Rental);

845-471-7292.



**Submit Your Photo
Entry Today**

(*) Professional photographers and CLS Council members are ineligible

CLS Scholarship Award Essay

The CLS Scholarship program was established in 2015 and is maintained through the generosity of the members of the Center for Lifetime Study (CLS). This year's recipient is Sandra Stewart. Here is her submission essay.

My name is Sandra Stewart, and I am an adult student at Marist University who is deeply committed to education. I am a proud single mother of five children, and my journey as an adult student has been anything but easy—but it has been deeply meaningful. I work as a Certified Nursing Assistant (CNA), often holding two jobs or working 16-hour shifts to provide for my family. Despite the physical and emotional demands of my work and parenting responsibilities, I have earned an associate degree in medical laboratory technology and continue to pursue further education. Balancing long hours, financial stress, and the needs of my children with academic commitments has tested my limits, but it has also revealed my resilience. Every late night of studying after a double shift, every sacrifice made for my children's future is a step toward a better life. My story is one of perseverance, and I believe that with continued support and opportunity, I can achieve even greater things—not just for myself, but for the five young lives who look up to me every day.

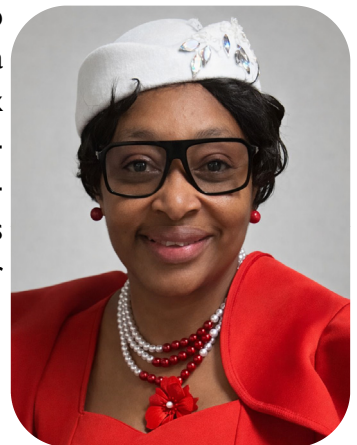
Throughout my journey, I've embraced leadership roles that reflect my dedication to serving others and uplifting those around me. At my church, I am honored to serve as the Women's President, where I organize events, lead outreach efforts, and mentor women in their spiritual and personal growth. In my professional life, I work as a Lead Certified Nursing Assistant (CNA), a role that allows me to guide and train new hires. I take pride in helping them learn essential caregiving skills, proper patient communication, and safety protocols to ensure they feel confident and prepared in their roles. I've mentored many CNAs through their first weeks on the job, offering support and encouragement as they transition into the healthcare field. These leadership experiences have strengthened my ability to inspire others, foster teamwork, and create positive change in both my

workplace and community.

My short-term goal is to successfully complete my current educational program, which is a crucial step toward building a more stable and fulfilling future. Balancing school with work and parenting has been challenging, especially financially, but I remain determined to finish strong. My long-term goal is to secure a better-paying job in the healthcare field, one that not only reflects my skills and dedication but also allows me to provide a more comfortable and secure home for my children. I want to be a role model for them—showing that with perseverance and faith, it's possible to overcome obstacles and achieve your dreams despite your age.

In closing, I am deeply grateful for the opportunity to apply for the CLS Endowed Scholarship. This support would not only ease the financial burden of my education but also serve as a powerful affirmation of my journey and the goals I strive to achieve. I am committed to using my education to uplift my family and contribute meaningfully to my community and the healthcare field. With your help, I can continue moving forward—one step closer to building a brighter future for my children and becoming a source of hope and strength for others. I respectfully ask the scholarship committee to consider my application and invest in an adult student who is determined to make a lasting difference. Thank you for your time, consideration, and for supporting adult learners like me in pursuing our dreams.

Best regards,
Sandra Stewart



CLS Welcomes New Members

Marilyn Allen	Karleen Dorn	Anne-Marie Jensen	Susan McCabe	Frances Strang
Renni Altman	Mary Dryfoos	Jane Kantner	Nancy Miringoff	Lorraine Straus
Jay Anderson	Christine Fricke	Angela Kenner	Marcia Murray	Elliott Terman
Sarah Bakke	Susan Gies	Deborah Kutch	Diane Peterson	John Tyliczszak
David Baxter	Karen Harper	Barbara Lane	Margaret Phillips	Kevin Weinman
Lydia Cannistra	Marie Hasenpflug	Elaine Leinung	Lucy Privratsky	Patricia Wells
John Condon	Mary Hendricks	Robert Linville	Sara Renovitch	Judith Wild
Linda Dahowski	Linda Hogan	Mary Lomino	Charlene Rosenberry	Angela Wong
Rosemary Davis	William Hogan	Charlotte Maier	Terri Smith	Chi Wong
Kathleen Davis	Dorothy Jackson	Ellen Marble	<i>Fall 2025 through 12/31/2025</i>	

CLS Calendar

2026

JAN	6	Winter Semester ZOOM Links Emailed	13	Winter Semester Starts
FEB	9	Spring 2026 Semester Course Catalog & Schedule Emailed & Registration Begins		
	9	CLS Event:: "EPA and the Environment"— via ZOOM	10	Winter Semester Ends
	16	♦ Spring 2026 Trip List & Schedule Emailed & Registration Opens ♦ ZOOM Access for Spring 2026 Classes Emailed		
MAR	8	Spring 2026 Semester Class Registration Ends	13	Spring 2026 Class Confirmations Emailed
	15	Spring 2026 Trip Registration Ends	23	Spring 2026 Trip Confirmations Emailed
	31	Spring 2026 Classes Begin at Locust Grove		
APR	2	Spring 2026 Virtual Classes Begin on ZOOM		
MAY	1	2026/2027 CLS Membership Renewal Portal Opens		
	20	Spring 2026 Locust Grove Classes End	21	Spring 2026 ZOOM Classes End
JUN	4	CLS Annual Meeting	30	2026/2027 Membership Renewal Portal Closes at 5PM
JUL	1	CLS 2026/2027 Academic Year Begins	6	Dues Payment Deadline for 2026/2027 Academic Year

It's Rewarding

Enjoyed those classes you attended? They were the result of dedicated members whose time and energy created an interesting, exciting, diverse, and yes, fun program of courses, events and activities.

CLS is a volunteer organization that depends on the involvement of its members to be vibrant, friendly, interesting and successful.

Volunteers bring lifelong skills and talents to CLS, and in return are rewarded with a special sense of fulfillment and accomplishment.

Won't you volunteer for a committee?

Just contact a curriculum committee chair, a Council member, the CLS office (CenterForLifetimeStudy@marist.edu) or sign-up online when you register for classes.

CLS Council

Officers	
John Wargo	President
Joyce Garrity	VP Administration
Jean Breyer	VP Curriculum
Fred Taber	VP Public Information
Dewey Lee	Secretary
Dave Davis	Treasurer
Council at-Large	
Vicki Fox	Member-at-Large
Ruth Kava	Member-at-Large
Merrilee Osterhoudt	Member-at-Large
Gil Seligman	Member-at-Large

Committee Chairs	
Deborah Alleyne	Connections
John Beale	Scholarship
Laura Coons	Special Events
Mary Lou Davis	Finance
Lou Newman	Classroom Support
Cathy Temple	Membership
Tom & Pegeen Wall	Member Services
Madeline Whalen	Office Support
Non-Voting	
Kristine Cullen	Assistant Dean
Jack Fein	Past President
Robin Will	Admin. Coordinator

MARIST
UNIVERSITY

The Center for Lifetime Study (CLS) operates under the auspices of Marist University's Division of Extended Learning.

marist.edu/extended-learning/cls

