

## FROM THE PRESIDENT'S DESK

**David Janovy**

I suspect that at one time or another most of us have been asked: "Why did you join Lifelong Learners?" Answering that with enthusiasm for learning and friendships can be infectious and certainly we know that the best advertising is word of mouth. Here is an edited summary of some of the benefits of lifelong learning. The source is listed at the end.

*"Scientific research...now reveals that more than ever before, a challenged, stimulated brain may well be the key to a vibrant later life. As 78 million Baby Boomers prepare to redefine their own retirement, news that staying active and keeping their brains constantly engaged may help stave off mental and physical ailments and diseases has many asking how best to do so. The answer is simple: lifelong or later-life learning. Lifelong learning is the continued educational experience that utilizes non-credit academic courses...to fully engage the brain, heighten physical activity, and maintain healthy social relationships.*

*Lifelong learning guru Nancy Merz Nordstrom advocates this three-pronged approach as a vital ingredient for the Baby Boomer lifestyle or anyone in their 'after-50' years. 'When you look at the benefits gained from keeping your mind sharp, it's incredible. Lifelong learning is like a health club for your brain. And an active mind can stimulate physical activity and keep your spirits high. It's an all-around fantastic tool for better health.' Scientific experts agree. According to Paul Nussbaum, Ph.D., Clinical Neuropsychologist & International Consultant on Aging and Health Promotion, 'In Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years,...Nordstrom has correctly championed lifelong learning as a proactive lifestyle for overall personal development and a primary factor for brain health.' " [self-growth.com](http://self-growth.com)*

*Nordstrom cites a number of other benefits of lifelong learning, some tangible (such as described above) and some intangible. Examples include: Lifelong learning opens the mind and creates a curious, hungry mind.; Lifelong learning helps us adapt to change; Lifelong learning helps us find meaning in our lives; Lifelong learning helps us make new friends and establish valuable relationships; and, perhaps most of all, Lifelong learning leads to an enriched life of self-fulfillment. All leading to an enhanced sense of well-being.*

*(Taken from a Google search on <benefits of lifelong learning>; click on <[self-growth.com](http://self-growth.com)>)*

I hope that as members of our community of learners you will always feel free to offer not only your support but also your ideas about how we can be continuously improving as an organization devoted to fostering personal development and well-being.

Live, love, laugh, & learn

Dave

## GREAT DECISIONS

Elizabeth Peters - Bruce Birkemeyer

Great Decisions continues to meet on the second Wednesday of the month, April through November, from 2:00-4:00 P.M. The seminars are held at Honsey Hall on the Bethany Lutheran College Campus, Mankato.

Monthly **GREAT DECISIONS** seminars continue with these topics:

- July 8 – **U.S. Policy Toward Africa:** Dr. Jackie Vieceli, Minnesota State University, Mankato
- August 12- **India Changes Course:** Tom Hanson, Minnesota International Center Speaker's Bureau, former Diplomat
- September 9- **Syria's Refugee Crisis:** Henry Berman, Minnesota International Center Speaker's Bureau

Please direct questions or requests to visit a session to Bruce Birkemeyer (388-3510) or Elizabeth Peters (385-1685)

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## LUVERNE TRIP COMING UP

Doris Gasteiro – Special Events

On the docket is a trip to Luverne, MN. One of our new members, Gary Petersen, is from there. This little town in Southern Minnesota has made a name for itself with the many attractions it offers. Luverne, MN has its own restored Civil War cannon and their Herreid Military Museum has artifacts from several wars. This museum was featured in the Ken Burns' Second World War documentary shown on PBS. **There's more:** They devote two floors to the Brandenburg Gallery which is full of the world renowned nature photographer's work. He, too, was from Luverne. Pencil in 7/17. Confirmation later.

### IN NEED

We are in need of a 30 cup or two 12 – 15 cup coffee makers.

If anyone has one to donate, please call the office at (507) 389-2011.



## WELCOME NEW MEMBERS

Mankato Area Lifelong learners extends a warm welcome to the following new members.

Gary & Elizabeth Peterson  
Tim McCartney  
Pat Kruger  
Carol Meyers-Dobler  
Cheryl Regan  
LaDaryl Fischer  
Mary Kay Reed  
Greg & Mariam Vetter

We look forward to meeting you at our events and we welcome your input and suggestions.

## AN EVENING WITH MAUD



An Evening with Maud, packed the house, (Treaty Site History Center in St. Peter) on April 24. Maud Hixson, along with her husband Rick Carlson on key board and Keith Boyles on bass entertained an audience of 140 with songs from the flapper and swing era. Their easy style and narration made for relaxed listening. The event was made possible through a generous gift from Nicollet County Bank. Cheese trays were provided by St. Peter Coop, The Cheese and Pie Mongers and Alemar Cheese. This was the first collaborative event of Mankato Area Lifelong Learners with the Treaty Site. We wish to thank those who mentored us as the event was being planned and our audience for traveling this adventure with us.

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## 50+ lifestyle Expo

Mankato Area Lifelong Learners had a booth at the recent 50+ Lifestyle Expo. Information and event photos were displayed and MALL members were present to answer visitor's questions.

A big THANK YOU to those who helped: Sharon Schindle, Joyce Sandry, Bruce Birkemeyer, Marcella Eilders, Olga Carlson, Tricia Nienow, Pam Blair, and Elizabeth Peters.

## ST. PETER AND LE SUEUR, HERE WE COME!

*Carlienne Frisch Curriculum Committee*

On Friday, Sept. 25, we'll cap off Summer Quarter with a day-long class, including a tour of the Mayo family's frontier home and medical office in Le Sueur, and two St. Peter locations, the E. St. Julien Cox House and the Treaty Site History Center. At the Mayo House, built in 1859, we will learn about Dr. William Worrall Mayo (founder of the Mayo Clinic) and his wife Louise, the parents of Dr. Charlie and Dr. Will. (Don't forget to duck your head when you enter "the little doctor's" medical office.) The Special Events Committee is planning a follow-up event at the Mayo sites in Rochester.

E. St. Julien Cox, the first mayor of St. Peter, a state legislator, and a district judge, rode to the defense of New Ulm in 1862, and then to the defense of Dakota warriors threatened by a lynch mob. The Cox home, a

Carpenter Gothic/Italianate built in 1871, has been restored according to original blueprints. At the day's finale at the Treaty Site History Center, we will learn about the 1851 treaty between the Dakota and the U.S. government, as well as other aspects of history.

We are limited to 24 registrants, two groups of 12 each at the Mayo House. Mayo tours begin at 10:30 and 11:30. Lunch is on your own in Le Sueur or St. Peter. We'll regroup at 2 p.m. at the Cox House and go on to the Treaty Site History Center at 3 p.m. Our Nicollet County Historical Society business membership provides free entry to all sites. Lifelong Learners will provide class registrants with maps and directions, as well as a history of the Mayo family and carpooling information.



### NOBEL CONFERENCE APPROACHING

*Joyce Sandry*

**NOBEL CONFERENCE 51,  
October 6 - 7, 2015**

What is addiction?

To find out, plan to attend

**Gustavus Adolphus' 51st Nobel Conference,**

**"Addiction, Exploring the Science and Experience of an Equal Opportunity Condition."**

According to conference literature, "Addiction permeates our society. With the scourge of methamphetamine, increasing use of heroin, and the ubiquity of alcohol, addiction is an 'equal opportunity condition.' The substances and behaviors to which people become addicted continue to grow as well, with investigations into the possibilities of addictions to food, the Internet, and sex. But what does it mean to be addicted? Is it a brain condition? A psychological and sociological problem? What are the treatment options available? How do the various understandings of addiction influence public policy decisions?"

This year's Nobel Conference presenters include:

- > Owen Flanagan, PhD, Philosopher
- > Mare Lewis, PhD, Developmental neuroscientist
- > Anne M. Fletcher, MS, RD, Health and medical writer
- > Carl Hart, PhD, Neuroscientist
- > Denise Kandel, PhD, Medical sociologist
- > Eric Kandel, MD, Neuropsychiatrist
- > Sheigla Murphy, PhD, Medical sociologist
- > Michael V. Pantalon, PhD, Psychologist
- > Mark Willenbring, MD, Physician
- > William Cope Moyers, Hazelton Betty Ford Foundation

*Plan to attend this timely conference! Watch your email for your registration form.*



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**HEADS UP!**

Information about Special Events will arrive in your email box, so watch for anything that says MALL or Special Events. Those who don't have email will get their information by USPS, but we can save money for our organization by using email as much as possible. Often these events need a quick response. We try to find "special" things for MALL members and sometimes there is a time element involved. We will usually take a van or two that holds 12 -13 people each. We'd like to have a waiting list for each event so we can call you if someone cancels. If you are interested in an event, get your name on the list as soon as you can. First ones get to go on the trip. Other lucky ones will be called if there is an opening.

**MINNESOTA STATE UNIVERSITY MANKATO**

Mankato Area Lifelong Learners • [www.mnsu.edu/mall](http://www.mnsu.edu/mall) • Email: [mall@mnsu.edu](mailto:mall@mnsu.edu) • Campus Mail: WC B115 • Senior LinkAge Line: 1-800-333-2433  
 Call the Mankato Area Lifelong Learners office (389-2011) if you want your name removed from our mailing list.

<p><b>OFFICERS:</b>  <u>President</u>          David Janovy  <u>Vice President</u>          Mary Bliesmer  <u>Treasurer</u>          Anita Dittrich  <u>Vice Treasurer</u>          Sharon Schindle</p>	<p><u>Secretary</u>          Norma Thomas  <u>Past President</u>          Rallah Madison  <u>Member At Large</u>          Jack Kent and          Joyce Sandry  <b>COMMITTEE CHAIRS:</b>  <u>Admin &amp; Finance</u>          Sharon Schindle</p>	<p><u>Curriculum</u>          Al Berner  <u>Great Decisions Co-Chair</u>          Elizabeth Peters and          Bruce Birkemeyer  <u>Membership Co-Chair</u>          Elizabeth Peters and          Sandy Mutch  <u>Newsletter Editor</u>          Tricia Nienow</p>	<p><u>Publicity</u>          Joe Hogan  <u>Special Events</u>          Doris Gasteiro  <u>Nobel Conference</u>          Joyce Sandry  <b>SOCIAL GROUPS CHAIRS:</b>  <u>Book Club</u>          Jim Booker</p>	<p><u>Bridge</u>          Mary Bliesmer  <b>FOOD GROUP CHAIRS:</b>  <u>Pot Luck</u>          Jan Rozeboom  <u>Restaurant</u>          Harriet Plotz  <u>Soup Supper:</u>          Kathryn Hanson</p>	<p><b>OFFICE MANAGER</b>          Pam Blair          Phone: 507-389-2011          Email: <a href="mailto:mall@mnsu.edu">mall@mnsu.edu</a>  <b>NEWSLETTER EDITOR</b>          Tricia Nienow,          Phone: 625-5912          Email:  <a href="mailto:tnienow@hickorytech.net">tnienow@hickorytech.net</a></p>
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