



Lifelong Learners

MINNESOTA STATE UNIVERSITY, MANKATO

Newsletter

Winter 2014

"Lifelong Learning for Age 50 and Over"

FROM THE PRESIDENT'S DESK

Rallah Madison

In November, 16 of us spent the better part of a day thinking and talking about Lifelong Learners; considering who we are, where we have been, and how we can move forward into the future. I would like to report that we have a good plan and, with all of you helping us carry out a strong execution, we will see superior results. We would consider ourselves successful if we had more volunteers to serve as leaders in the organization; both in the structural and programming needs of the group. Presently, we need someone to serve as membership chairperson and lead an effort to not only recruit new members, but to reconnect and be sure we are meeting the needs

of the ones we already have. We need someone with a creative passion to help make "special events" or "educational excursions" more appealing, more intimate, and more interactive. We have success stories about "Great Decisions", the "Great Year" birding event, many of our curriculum classes, and just being a part of an interesting and stimulating group of members. Help us continue and enhance that. Extend a personal invitation to others to become part of Lifelong Learners. Pick out a task that you are particularly good at or are interested in. Let us know and together we will make it work.

A BRIEF LOOK AT DAVE JANOVY NEW VP FOR MALL

Earlier this year, I agreed to serve MALL as Vice-President/President Elect. I didn't do this lightly as previous leaders are a tough act to follow. I am a native Nebraskan (Go BigRed !) and a graduate of Wayne State College and the University of Nebraska. After four years in the U.S Marine Corps, I returned for graduate study at the U of N (PhD in Sociology). I taught for four years at Illinois State U in Normal before coming to Mankato State College in 1968 to chair the Sociology Department. I had that position for the next ten years. During that time, I developed and directed the Aging Studies program at what is now Minnesota State Mankato and continued to do so until my retirement in 1998. I also directed the Minnesota State Mankato Elderhostel program for 20 of those years.

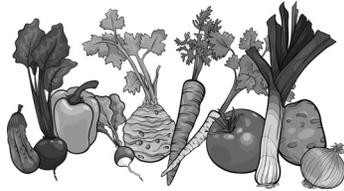
Two years before retiring, I was asked to do a luncheon talk to the Mankato Retired Educators group where I spoke about Older Adult Education and, in the process, I challenged them to start a Lifelong Learners group in Mankato. Several in the audience picked up on it and the rest is history. Now, we are in our 17th year of working together to provide stimulating presentations along with the opportunity to socialize and make new friends. Clearly we are doing something right. I continue to be involved with the Center on Aging at Minnesota State Mankato and, of course, MALL.

On a more personal note, I am married with two daughters and two grandkids who are "well above average." (Aren't they all ?) We love travel, good wine and good friends. Here's to the next 17 years of MALL!

SIGNS OF CHANGE Class Series and Varied Scheduling

Carlienne A. Frisch
Curriculum Committee Chair

Winter quarter ushers in the concept of *class series* and continues the *varied scheduling* we began fall quarter.



One example is our March 25th class, which will meet at the St. Peter Food Co-op, and is the first of a three-part series about local foods and vegetarian choices. It will continue in spring and summer quarters. The Medieval World, a Great Courses DVD series, is scheduled on four consecutive Thursday afternoons in March. If participation indicates a high interest, plans are for the series to continue in spring quarter, culminating with a trip to (and tripping through) a labyrinth. There's also the series of two classes led by Al Berner (Wildlife in Winter and Wildlife Q&A), continuing the theme he began in fall quarter with advice on living with wildlife.

To accommodate members whose schedules may prevent attending daytime classes, we have scheduled three Saturday classes and two evening classes, along with seven traditional afternoon classes. Topics of interest to younger members (advance care directives and powers of attorney, for example) are scheduled at non-traditional times. There also is the Classic Film series on Saturdays and The Bookends book discussion group on Wednesday afternoons.

Calendar pages in this newsletter make it easy for you to see an overview of activities that you—as a member—may enjoy. The back-to-back page of class descriptions provides additional details. Enjoy!

TREASURER'S REPORT Final F13 Budget/Audit Report

Curt Martinson

Although the fiscal year ended on June 30th, the final budget report wasn't prepared by the University until after our annual meeting in September. There are often bills that straggle in for payment well into the next fiscal year. We thus left the annual meeting expecting to see minor changes to the budget information that we had before us and the results from the audit of the year's financial transactions. These matters are now complete. There was one invoice for \$10.00 that came in that is now reflected in our final budget report. Our financial transactions for the year have also now been audited. The audit revealed that our records were "accurate and in good order". If you would like further detail about how the Fy13 budget year ended, please call our office at 389-2011.

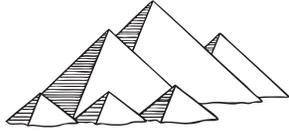
GIVE MN PLEASE TAKE NOTE

It was previously announced that members of Mankato Area Lifelong Learners could participate in the recent GIVE MN campaign by donating to our organization through the website. Unfortunately, we were unable to get our account set up in time with the Minnesota State Mankato Foundation. We are pleased to report that the account is in place now and we will let you all know when GIVE MN occurs in 2014.

GREAT DECISIONS

Elizabeth Peters and Jack Kent

At the September Great Decisions meeting, Dr. Samiha Ibrahim and her daughter, Dr. Basma Ibrahim, from Minneapolis, joined our group to discuss EGYPT: NAVIGATING AN UNCERTAIN TRANSITION. Samiha was born in Egypt and both she and her daughter have returned many times to visit family or take students on study trips. This topic prompted numerous discussion questions due to the present pertinence of the subject. On a lighter note, Samiha enjoys attending the Minnesota State Fair, even on the most crowded day, because it reminds her of the street markets in Cairo.



The October Great Decisions meeting was held in the Heritage Room in the Centennial Student Union on the University campus. Tom

Hanson, retired from the State Department, and internationally sought after speaker, addressed ASSESSING THREATS TO THE U.S. Mr. Hanson used maps and photos to aid his presentation. Besides the Great Decisions members, a number of faculty and students attended. Questions and comments followed his talk. We were pleased to offer a meeting at Minnesota State University, Mankato, where refreshments and complimentary parking was included.

The last meeting of the year featured, Dr. Haji Dokhanchi, a faculty member at the Superior campus of the University of Wisconsin. He spoke on IRAN AND THE U.S.: THREE DECADES OF FUTILITY. Dr. Dokhanchi taught a class at Superior that morning, then met Randy Ceszwick in St.

Paul and continued his journey to Mankato. The technology was not available that day at Eide Bailey, but Haji didn't need slides or power point to keep our attention as he is a very dynamite speaker and very knowledgeable about his home country.

Our second year of Great Decisions ended on a high note with three speakers from our group, Paul Brandon, Bruce Birkemeyer, and Dwain Peterson along with five speakers recommended by the Minnesota International Center.

This was also our last meeting at Eide Baily. We have appreciated the opportunity to meet there and understand they need the space for their in house meetings.

Beginning April, 2014, Great Decisions sessions will be meeting on the campus of Bethany College. Essay books have been ordered and those registered will be notified when the books arrive. Members of Great Decisions will be sent an email ten days to two weeks prior to each meeting with directions to the campus and the essay to be read prior to coming to the session. Some of the 2014 topics have discussion leaders; however if you are interested in leading a topic, please contact Jack Kent or Elizabeth Peters. Note that DVD's will be available for each topic.

THANK YOU to everyone who has helped to make this year a success!

MEMBERSHIP GIFTS

Membership gifts to Lifelong Learners are not just for Christmas but Birthdays, Easter, Mother's Day, Father's Day.

Call the Mall office at 389-2011
to make arrangements.

50TH NOBEL CONFERENCE October 7 and 8, 2014

Joyce Sandry



The 49th Nobel Conference, "The Universe At Its Limits," joined the long list of fascinating annual

Nobel Conferences offered at Gustavus Adolphus College. The next Nobel Conference will celebrate 50 years of bringing scientific discovery to general audiences everywhere. Nobel 50 will look back at recent advances "to help us gain some insight into where new exploration will take us in the next five, ten and even fifty years." Please save the dates for the 50th Nobel Conference, "Where Does Science Go From Here," October 7 and 8, 2014. Details and the opportunity to register will follow as the date gets closer.

OUTREACH

Rachel Carpenter, director of Primrose Retirement Community, invited Mankato Area Lifelong Learners to speak at the KEY CITY BREAKFAST CLUB, which meets monthly at Primrose. On Thursday, November 7, Rallah Madison and Elizabeth Peters enjoyed breakfast with the attendees and then talked about all the activities available to members. Brochures and class schedules were handed out to the twenty-five people there. Future mailings to Primrose will be kept in the library where residents and guests can easily access them.

A HAIR RAISING EVENT

Plan to attend the rock musical HAIR on Sunday afternoon, February 23, at GAC. Details will follow in a separate mailing.

NEW MEMBERS

MALL extends a warm welcome to the following new members:

Judy Mosca

Liz Peltola

Ted Miller

Sandy and David Mutch

Don Ziemke

Lori Ruthenbeck

Boyd Kramer

Paul Kennedy

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

PHILOSOPHER NED BLOCK To Speak at Minnesota State Mankato

Philosopher Ned Block will speak at the University's Ostrander Auditorium on Monday, February 17, 2014 at 7 P.M. and on Tuesday, February 18, 2014 at 9 A.M.

The subject of Monday's talk is:

Does Consciousness Overflow Cognition?

On Tuesday Block's topic will be:

Seeing-As in the Light of Vision Science.

Harvard educated, Block is a Silver professor of Philosophy, Psychology and Neural Science. He taught at MIT for a number of years before coming to his present position at New York University. According to Wikipedia, "Ned Joel Block is an American philosopher working in the field of the philosophy of mind who has made important contributions to matters of consciousness and cognitive science."

FEATURED COMMENTARIES

TAKING A CLASS AT MINNESOTA STATE MANKATO

Irene Manke

This past semester, as a senior citizen, I audited Dr. Fred Slocum's class "Southern Politics." What fun!! Dr. Slocum is a terrific instructor – bringing his unique perspective to a topic of current interest. I was the only senior citizen in a class with 10 juniors and seniors. They provided a rich environment for discussion. Having lived through the turbulent Civil Rights Movement and Kennedy Assassination, I was able to provide some context to these topics. I would recommend the class to anyone who has an interest in politics. I'm currently looking at additional classes. It is fun to venture into new worlds.



Taking a class is so easy! The cost is now \$4 per credit hour – used to be free, but it is still a steal. Go to the website www.mnsu.edu to review all the classes that are available, and there are lots. The staff in the Registrar's Office is so helpful and patient. There are no previous course requirements. I had never taken a Political Science class, but registered for a 400 level class with no problem. As a senior citizen auditing the class, you have no exams or papers. Just come to class prepared to learn.

As we say in Lifelong Learners –
Try It – You'll Like It".
See you in Class!

COMMUNITY ADVENTURES



Kiwanis Holiday Lights

Tricia Nienow

To imagine a million of anything is daunting. Imagine a million Christmas lights and then imagine stringing them on bigger than life snowmen, Christmas trees - that have been designed and hand built to withstand Minnesota weather for weeks. Then imagine these million lights dancing in time to Christmas music. What one sees is amazing but the unseen is even more amazing.

Unseen are the generous financial, in-kind and food sponsors. Community, businesses, non-profits and college students volunteered their time weeks ahead and two shifts on weekends. If the dancing of lights and music is amazing, consider the dance of cooperation and give and take necessary when so many entities are involved.

Last year's success prompted new attractions for this year which include the May Dotson skating rink, horse-drawn wagon rides, musical entertainment on Saturday nights and the lighted computer-animated walking tunnel. This free event is open to the public. Cash and non-perishable food items are accepted for area food shelves. The Kiwanis Holiday Lights is a spectacular holiday tradition for the greater community. To more fully appreciate the depth of community involvement, readers are encouraged to check out the website: www.kiwanisholidaylights.com

SPREAD THE WORD ABOUT LIFELONG LEARNER

How many in the Mankato area know the name Mankato Area Lifelong Learners? Maybe we should institute a Know Mankato Lifelong Learners Month—or maybe a Year. I raise the question because I believe our group needs to continue a process that has been developed over the years, namely that we need to continually present our name and our activities to the community.

We have had good cooperation from the *Free Press* both in presenting articles on upcoming events and covering presentations. In addition, brief listings of our activities have appeared in the community activities section.* The coverage on Lynn Barber's birding presentation in August on KTOE, KMSU and KEYC attracted 90 participants, the majority of whom were non-members.

The current direction of your Council in spreading the word about our group has resulted in a ½ page insert in the Community Education schedule which should have been in your mailboxes before December 10 (check it out on Page 51). In addition, we also have an item on www.mankatofreepress.com which appears on the *New Today* revolving section (our item appears approximately every 30 seconds). The reader is directed by a click to an explanation of our organization, its activities, and methods of making contact with us, including Facebook. A separate segment appears under *Attractions*, with a brief introduction and a click to get the remainder. An item on the *Classified-Community Activities* section explains Lifelong Learners and its activities. We are seen by the online prospects as well as the subscribers. Check these out.

We have, for some time, been involved with KMSU, this station communicating information concerning our presentations. We have also been interviewed by KMSU with a broad approach including our history, current presentations and other activities, along with information on membership. One section of this session was devoted to information about our Great Decisions course.

KTOE is now focusing on selected presentations and reporting on Wendy Wilde's daily newscasts. In addition, Pete Steiner has interviewed Lifelong Learners on his regular Community affairs programs.

One aspect of this 'know Lifelong Learners' is how many of our members are active in communicating the activities and interests of Lifelong Learners. How many of you have talked with your friends, your neighbors, invited them to be your guest at a presentation, or invited them to take advantage of the "try it, you'll like it" approach we have? Think it over—it has been shown that one of the most productive methods of increasing membership in an organization is the personal contact (in this case, YOU) talking about Lifelong Learners from your personal standpoint. As a Council, we can work at spreading the word, but the communication of your personal experiences can have a more direct, meaningful effect.

Your assignment: Talk about Lifelong Learners tell others about our restaurant/pot luck groups, what you teamed in our presentations your experienced with Great Decisions, new friends you have since participating. YOU ARE OUR FRONT LINE,

PLEASE SEE CLASS SCHEDULE FOR CLASS LOCATIONS.

JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 10 AM. Curriculum Comm.	9	10	11
12	13	14	15	16 2-4 P.M. CLASS: Wildlife in Winter	17	18
19	20	21	22 1 P.M. BOOKENDS: "Tip & the Gipper", NM Taylor Library	23	24	25 1-3 P.M. CLASS: Bill Holm Retrospective
26	27	28	29	30	31	

FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1-3 P.M. CLASS: 60's & 70's Culture
2	3	4 2-4 P.M. CLASS: Int'l Students' Experiences	5 10 A.M. Curriculum Comm.	6	7	8 1-4 P.M. Classic Film (title TBA), University Wiecking Audit.
9	10 7-9 P.M. CLASS: Advance Care Dir. & POAs	11	12	13	14	15
16	17 7 P.M. Ned Block, Philosopher, University, Ostrander Aud.	18 9 A.M. Ned Block, Philosopher, University, Ostrander Aud. 2-4 P.M. CLASS: Wildlife Q&A	19	20	21	22
23 afternoon, HAIR, GAC	24	25	26 1 P.M. BOOKENDS: "Just Like Me," (location TBA)	27	28	

PLEASE SEE CLASS SCHEDULE FOR CLASS LOCATIONS.

MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 2-4 p.m. Medieval Series on DVD	7	8 1-4 P.M. Classic Film (title TBA), University Wiecking Audit.
9	10	11	12	13 2-4 p.m. Medieval Series on DVD	14	15 1-3 P.M. CLASS: Southern Politics
16	17	18	19	20 2-4 p.m. Medieval Series on DVD	21	22
23	24	25 7-9 P.M. CLASS: Food co-ops & locavores	26 1 P.M. (title & location TBA)	27 2-4 p.m. Medieval Series on DVD	28	29

Finding Meaning In Relationships

Bringing mindfulness to your closest relationships can help you find new meaning and wonder in the ones you love and strengthen the bond you have. Here's a simple exercise....It will help you rediscover the depth and joy of your relationships:

- Make a list of your closest relationships, including friends. Write down as many as you can. Take a closer look at your list. These are your most precious treasurers. Through all the ups and downs of your life, these are the people who share your sorrows and joys and provide you with a safe haven from the outside world.
- Now, close your eyes and bring up your fondest

memories of each person. Then consider: How much attention do you give them? How often do you show them kindness?

- Next, write one kind thing you will do or say to show your appreciation for each loved one. This doesn't have to be elaborate or expensive—just a simple note or call showing you care about them.

By simply becoming more aware of the meaning your loved ones provide you, you're likely to invest more energy into nurturing these relationships, as well as yourself.

Taken from the October, 2013 Supplement to the Mayo Clinic Health Letter.

Call the Mankato Area Lifelong Learners office (389-2011) if you want your name removed from our mailing list.

Officers:

President: Rallah Madison
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Treasurer: Rosemary Kinne
Vice Treasurer: Anita Dittrich
Secretary: Norma Thomas
V. Secretary:
Past President: Karen Frydendall
Ex-officio: Patrice Hundstad,
patrice.hundstad@mnsu.edu

Committee Chairs:

Admin & Finance: Rosemary Kinne
Curriculum: Carlienne Frisch
Membership:
Publicity: Joe Hogan
Special Events: Kay VanBuskirk

Pot Luck

Co-Chairs: Kay VanBuskirk
Dwain Peterson

Great Decisions Group

Co-Chairs: Elizabeth Peters
Jack Kent

Bridge:

Co-Chairs: Mary Bliesmer

Food Groups:

Chair: Jan Rozeboom

Book Club

Chair: John Gushwa

Outdoor Activities

Chair: Pru Gushwa

Classic Film Club:

Chair: Matthew Sewell

Nobel Conference

Chair: Joyce Sandry

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