



## SPRING QUARTER 2024 PRESENTATIONS

Presentations \$5 each for **Silver** members      Non-member fee: \$10 each session  
**Registration prior to attendance requested.**      **Gold** members: Please **register** via email or phone.  
Contact Mankato Area Lifelong Learners at (507) 389-2011 or LifelongLearners@mnsu.edu

**#1: Tuesdays, Apr 9 – Jul 2, 2 - 4 p.m.** Play Ball! The Rise of Baseball as America's Pastime\* (Not just for baseball fans!) **Note:** Member fee is \$20 for entire course.

The story of baseball is, in many ways, the story of America itself. The Great Courses collaborated with the National Baseball Hall of Fame to produce a course which strikes the perfect balance between sports lore & cultural history. Starting in the early-19th century and ending in 1920 when a sense of uniformity in the game was finally achieved, this course is about the history and cultural significance of baseball and its relationship to national events. 24 short lectures guide you through decades of experimentation, change, controversy, and triumph. You will encounter early baseball giants, learn the origins of everything from catcher's masks to batting averages, and hear the true stories of how women, African Americans, and others overcame adversity on and off the diamond. Each week we will show two 30-minute lectures and supplement those with a relevant video from YouTube, leaving 30-minutes for discussion. We also plan to include a baseball movie (to be determined) as a mid-course break. Note: If you can't make it every week, that's okay.

A more detailed description, including lecture titles and a trailer, can be found here:

<https://www.thegreatcourses.com/courses/play-ball-the-rise-of-baseball-as-americas-pastime>

\*Published by the Great Courses, Copyright: The Teaching Company

Presenters: **Steve and Wes Gilbert.** Father-and-son team. Wes fell in love with baseball as a young child, played on Mankato's traveling teams as a youth, and is a rabid Twins fan with a deep understanding of the history and nature of the game. His daytime job is as the owner and CEO of Mankato Computer Technology. Steve is a retired MSU faculty member who grew up rooting for Mantle and Maris and rediscovered baseball later in life when he had a son who rekindled his interest in the sport.

*Location:* Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Steve Gilbert

**#2: Thursday, Apr 11, 2-4 p.m. — Out of the Ashes: How the Great Chicago Fire Changed American Cities — and America Itself**

Scott W. Berg, author of *38 Nooses: Lincoln, Little Crow, and the Beginning of the Frontier's End*, returns to discuss his new book, *The Burning of the World: The Great Chicago Fire and the War for a City's Soul*, an engrossing look at the fire itself and the surprisingly bitter and hard-fought battles for control of the city that took place in its aftermath. Then as now, disaster meant tragedy for some and opportunity for others, as the hairline cracks between political coalitions that had existed before the Great Fire swiftly turned into seismic rifts that would change the very nature of American cities.

Presenter: Born and raised in the Twin Cities, **Scott W. Berg** is the author of three works of narrative history: *The Burning of the World: The Great Chicago Fire and the War for a City's Soul*; *38 Nooses: Lincoln, Little Crow, and the Beginning of the Frontier's End*; and *Grand Avenues: The Story of Pierre Charles L'Enfant, the French Visionary Who Designed Washington, D.C.* A nominee for the Carnegie Medal for Excellence and recipient of the Library of Virginia Literary Award for Nonfiction, Scott teaches writing, literature, and publishing at George Mason University and lives in Reston, Virginia.

*Location:* Zoom only (Register to receive the Zoom link by e-mail.)

Sponsor: Steve Gilbert

**#3: Friday, Apr 19, 2 - 4 p.m. — Tomatoes, Vine Crops, Beans and More- Container Gardening with Vegetables**

Joyce Wilcox has presented for Mankato Area LLL many times and always comes loaded with new, practical, and creative ideas. With little rain in sight, this is a good time to plan for and get started on container gardening.

Presenter: **Joyce Wilcox**, Master Gardener, is chairperson of the MN River Valley Master Gardener Group.

*Location:* Messiah Lutheran Church, 1706 Lee Blvd, North Mankato

Sponsor: Anne Fletcher

**#4: Thursday, April 25, 2 - 4 p.m.— Minnesota Doctors for People: What Are They About?**

MN Doctors for People is a team of volunteers composed of physicians, nurses, interpreters, and lay people who provide free and compassionate healthcare to the underserved people living in the remote areas of Mexico and Guatemala. Over the years, 15,000 patients have been served during 35 trips and 350 volunteers.

Presenter: **Dr. Richard Peller**, Family Physician, Mankato Clinic. A native of Bloomington, MN, Dr. Peller received his medical training at the University of Minnesota.

*Location:* Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Tricia Nienow

**#5: Monday, April 29, 2 - 4 p.m. — Nutrition for Senior Health**

April Graff will present how to select and prepare foods for a healthy lifestyle for Seniors. She will also talk about using fresh herbs and ingredients for taste and nutrition.

Presenter: **April Graff, MS, RD, LD**, is a Dietitian for Hy-Vee Inc.

*Location:* Messiah Lutheran Church, 1706 Lee Blvd, North Mankato

Sponsor: Greg Suskovic

**#6: Thursdays and Saturdays, 8 - 10 a.m. – Spring Bird Walks**

**6a:** May 2—Rasmussen Park Nature Center, Rasmussen Woods Road (off Stoltzman Road) in Mankato.

Meet at the nature center parking lot.

**6b:** May 9— Bray Park (Blue Earth County Park). US Hwy 14 E past Eagle Lake, left on Hwy. 60. Take first road (215) on right (sign for Bray Park), turn left (North) on Hwy. 48(623) to sign for Bray Park. Meet at cabin in camping area.

**6c:** May 16— William's Nature Center, NW of the Williams Pipeline Co. on Hwy 68. Meet in the parking lot.

**6d:** May 23— Sakatah State Trail, Take County Hwy 3 (road between Menards and Fleet Farm) east until you come to a 'T'. Turn left onto County Hwy 186. Go north ½ mile and turn left into a parking lot.

**6e:** May 25— Seven-Mile Creek, 7 miles north of Mankato on Hwy 169. Go left into park to the first picnic shelter.

**6f:** May 30— Indian Lake Conservation Area, State Hwy 66 through Skyline and continue toward Mt. Kato. Go left on gravel road before you get to Mt. Kato. Just before you get to County Hwy 90, turn left in the parking lot.

Guides: **Karen Frydendall and Sarah Suskovic**

**#7: Thursday, May 9, 2 - 4 p.m. — Not Written in Stone: History in History Textbooks**

Were the Sons of Liberty traitors or great patriotic heroes? Was the Alamo a significant event in US History? Did the US sink its own battleship just to start a war with Spain? The answer is...it depends on which history textbook you read. This program will talk about both older US history and international textbooks to discuss what they say about history and why they say it this way.

Presenter: **Kyle Ward**, Director of Social Studies Education, MSU, Mankato, author of seven books and a workbook series for high schools focused on both what history textbooks are teaching students, both in the US and around the world, as well as military history. He lives with his family in North Mankato

*Location:* Pioneer Bank, 1450 Adams St (Corner of Adams and Victory Drive), Mankato

Sponsor: Steve Gilbert

**#8: Monday, May 13, 2 - 4 p.m. — Meditation: What It Is and What It Is Not**

Meditation can be practiced by anyone. Meditation is a practice of turning inward to learn about the inner workings of the mind and how thoughts and emotions shape perceptions. Bhante Sathi welcomes questions.

Presenter: **Bhante Sathi** was ordained in the Theravada tradition in his native country of Sri Lanka. He also became Bhikkhu and counseled people from many walks of life. In 2003 he made Minnesota his home and founded Triple Gem of the North. Bhante Sathi has since founded the Metta Meditation Center in Janesville and the Chaska Meditation Center. He gives presentations and workshops across the U.S. and in Sri Lanka. Bhante Sathi is also an avid pickleball player.

*Location:* Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Tricia Nienow

**#9: Thursday, May 23, 2 - 4 p.m. — MY Place: How Our Community Came Together to Serve At-Risk Youth**

MY Place opened its doors in 2018 to serve at-risk youth. Since that time, it has been working with the community to bring out-of-school opportunities to school-age kids who would not otherwise have access. Come for a presentation by the Executive Director followed by a tour of MY Place.

Presenter: **Erin Simmons** is the Executive Director since the start of the organization. Erin has lived in Mankato for 22 years with her husband and 4 kids. Prior to serving at MY Place, Erin worked for the American Lung Association.

*Location:* MY Place, 1315 Stadium Road, Mankato

Sponsor: Anne Fletcher

**#10: Wednesday, May 29, 2 - 4 p.m. — 1995 Mankato Meningitis Outbreak**

Ms. Kris Ehresmann is an epidemiologist and served as the director of the Infectious Disease Epidemiology, Prevention and Control Division at the Minnesota Department of Health until her retirement in February 2022. As Director, she was responsible for health and immunization programs as well as emerging infections. Ms. Ehresmann has led numerous outbreak investigations including the COVID-19 response in Minnesota, but she will focus her presentation on the 1995 Mankato Meningitis Outbreak and the response by the MN Dept. of Health.

Presenter: **Ms. Ehresmann** received her Bachelor of Science in Nursing from St. Olaf College and her Master of Public Health in epidemiology from the University of Minnesota, School of Public Health. Ms. Ehresmann teaches Epidemiology and Public Health at St. Olaf College. She is a member of Delta Omega National Public Health Honorary Society and Sigma Theta Tau International Honor Society of Nursing. Her scholarly activity includes publications in peer-reviewed journals and invited presentations at national meetings.

*Location:* Pioneer Bank Community Room 1450 Adams Street Mankato

Sponsor: Greg Suskovic

**#11: Wednesday, June 5, 2 - 4 p.m. — Voices and Silences: Understanding Stuttering**

What do President Biden, James Earl Jones, and Emily Blunt have in common? All are people who have dealt with stuttering. Stuttering is a complex speech disorder that can significantly impact a person's quality of life, occupational and educational opportunities, as well as social behavior and relationships. Professor Strong will explain the basics of stuttering (causes and types), dispel common misconceptions, and showcase the human face of stuttering through video examples, illustrating how it affects people in terms of reduced verbal output, word avoidance, and decreased grammatical complexity. He will also discuss gender differences and the management of and recovery from stuttering. Our second speaker will be retired Mankato State University Mankato (MNSU) professor Tony Filipovich, Ph.D. who will share his personal story about stuttering. The presentation will close with an enlightening TED talk by a performer who stutters.

Presenter: **Wm. Eric Strong** Ph.D., an American Speech-Language-Hearing Association-certified speech-language pathologist, has served families and children nationwide and in Canada as a clinical pediatric and school-based, speech-language pathologist for the past 33 years. Eric is a person who stutters and an Assistant Professor in the Speech, Hearing, and Rehabilitation Services Department at MNSU. His experience and expertise include stuttering, early childhood and school-age language disorders, and phonological and motor-speech disorders.

*Location:* Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Anne Fletcher

**#12: Thursday, June 20, 2 - 4 p.m. — "Stay the Course": The Election of 1864**

2024 is an election year. So was 1864 - one of the most critical in American history. The Civil War had been dragging on for over three years with no end in sight. Things had not gone well for the Union and the public blamed the president. Much was at stake: Lincoln's re-election would mean the war would continue until the South surrendered. But it also meant that the Union would be preserved, and slavery abolished. The Election of 1864 would also prove that a democratically elected government- "a government of the people, by the people and for the people," could survive - and this is the most significant legacy of this pivotal moment in American history.

Presenter: **Bryce Stenzel**, MA History, MSU, Mankato, teaches Social Studies in Janesville. He is a well-known costumed historical interpreter, author of books and articles on Lincoln and the Civil War era, and volunteer.

*Location:* Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Steve Gilbert

## 2024 SPRING REGISTRATIONS & MEMBERSHIP FORM

Silver Membership: \$35/year - Presentations \$5 each  
 Gold Membership: \$140/year - Presentations included

*Registration prior to attendance requested.*  
 Non-member: Presentation \$10

**On-line Registration:** [link.mnsu.edu/III](http://link.mnsu.edu/III) Choose **View Membership & Registration**, then **Registration**

**New Member** |  **Renewal** |  **New Info**

**\$35** Basic Membership — Member 1

**\$140** Bundled Membership — Member 1

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birth Year \_\_\_\_\_

**New Member** |  **Renewal** |  **New Info**

**\$35** Basic Membership — Member 2

**\$140** Bundled Membership — Member 2

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Birth Year \_\_\_\_\_

**Annual Membership Fee (s)** \_\_\_\_\_

MBR 1	MBR 2	PRESENTATIONS - \$5 each *except series #1	SPECIAL EVENTS - \$5 all members
<input type="checkbox"/> 1:	<input type="checkbox"/> 1:	<b>*Tuesdays, Apr 9 - Jul 2</b> — Play Ball.	<b>\$20 for the series.</b>
<input type="checkbox"/> 2:	<input type="checkbox"/> 2:	<b>Thurs, Apr 11</b> — Out of the Ashes: How the Great Chicago Fire Changed American Cities (Zoom only)	
<input type="checkbox"/> 3:	<input type="checkbox"/> 3:	<b>Fri, Apr 19</b> — Tomatoes, Vine Crops, Beans and More- Container Gardening with Vegetables	
<input type="checkbox"/> 4:	<input type="checkbox"/> 4:	<b>Thurs, Apr 25</b> — Minnesota Doctors for People: What Are They About?	
<input type="checkbox"/> 5:	<input type="checkbox"/> 5:	<b>Mon, Apr 29</b> — Nutrition for Senior Health	
<input type="checkbox"/> 6a:	<input type="checkbox"/> 6a:	<b>Thurs, May 2</b> — Bird Walk at Rasmussen Park Nature Center	
<input type="checkbox"/> 6b:	<input type="checkbox"/> 6b:	<b>Thurs, May 9</b> — Bird Walk at Bray Park	
<input type="checkbox"/> 6c:	<input type="checkbox"/> 6c:	<b>Thurs, May 16</b> — Bird Walk at William’s Nature Center	
<input type="checkbox"/> 6d:	<input type="checkbox"/> 6d:	<b>Thurs, May 23</b> — Bird Walk at Sakatah State Trail	
<input type="checkbox"/> 6e:	<input type="checkbox"/> 6e:	<b>Sat, May 25</b> — Bird Walk at Seven-Mile Creek	
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<input type="checkbox"/> 11:	<input type="checkbox"/> 11:	<b>Wed, June 5</b> — Voices and Silences: Understanding Stuttering	
<input type="checkbox"/> 12:	<input type="checkbox"/> 12:	<b>Thurs, Jun 20</b> — "Stay the Course": The Election of 1864	
<input type="checkbox"/> SE:	<input type="checkbox"/> SE:	<b>Mon, Apr 22</b> — <b>Special Event</b> Lucky Lindy	
<input type="checkbox"/> SE:	<input type="checkbox"/> SE:	<b>Thurs, June 27</b> — <b>Special Event</b> Tour of MSU Jet Simulator and Mankato Airport	

Total Presentation Registrations (**\$5 each except #1**)

Special Event fees **\$5 for all members**

**Total Presentation & SE Fees** \_\_\_\_\_

**Grand total all fees** \_\_\_\_\_

Submit payment to Mankato Area Lifelong Learners, 129 Morris Hall, Mankato, MN 56001  
 Questions? Contact the office at (507)389-2011 or email: [lifelonglearners@mnsu.edu](mailto:lifelonglearners@mnsu.edu)