

MANKATO AREA LIFELONG LEARNERS

 MINNESOTA STATE UNIVERSITY MANKATO

Promoting vitality in later life

Winter 2024

FROM THE PRESIDENT

By Barbara Keating

Benjamin Franklin said, “For the best return on your money, pour your purse into your head.” Lifelong Learners is a bargain with our educational presentations, book groups, and discussions complimented by our social gatherings for teas, lunches, and dinners. We are making a good comeback after losing 40% of our membership during the pandemic. Having recently exceeded the 200-member milestone we hope to reach 250 this year, which helps to balance the budget. Our Council is committed to keeping our membership fees the same. Help us to achieve our goal by inviting a friend to join. As the 1300’s Middle-English poem promised: “Ye mo ye myryer!” (“The more the merrier!”)

EDUCATIONAL OPPORTUNITIES

All four Mankato Area higher educational institutions encourage senior citizens to audit courses at nominal cost. Not all classes can be audited, and only open classes are available. If this type of immersive learning is on your “bucket list”, consider these local opportunities.

Bethany Lutheran College requires seniors to be at least 55 years old and the cost is \$100/class, which includes the registration fee and parking. The senior applicant will be considered a BLC student, so the process is initiated through the Admissions Office at 700 Luther Drive, Mankato or by e-mail at admissions@blc.edu or at 507-344-7000.

..... **Course listings for Bethany are found at:** <https://blc.edu/academics/courses/>

Gustavus Adolphus College welcomes all community members within a 25-mile radius of the college to audit up to two courses. The cost per class is \$100 plus fees, and instructor permission is required. For more information and the required community audit form use this link:

... https://gustavus.edu/registrar/concertFiles/media/Community_Audit_Form_Aug_2023.pdf ...

MSU Mankato offers MN residents 62 and over the opportunity to audit college courses without cost except for a small fee (~\$6/ credit hour). Permission or prerequisites may apply. The process is initiated by submitting the senior citizen student status request form found at:

..... https://www.mnsu.edu/globalassets/registrar/forms/senior_citizen-update.pdf

Further information can be obtained at the Registrar’s Office, 132 Wigley Administration or phone: 507-389-2252 or inquire at <https://link.mnsu.edu/raar>.

South Central College offers free tuition to MN senior citizens. They must verify that they are 62 or older at the Registration Office and they charge a small fee to audit. Instructor permission is not required but restrictions exist and are specified online using key words: “senior citizens and SCC”.

The registration form may be found by searching “non-degree seeking student registration at SCC”.

Further information is available at registrar@southcentral.edu or 507-389-7220, option 3.

Links provided in the article can be copied from the Website newsletter, and links to available courses and instructors can be requested by contacting the Mankato Area Lifelong Learners Office

GREAT DECISIONS



Great Decisions is America’s largest discussion program on world affairs. Mankato Area Lifelong Learners’ program is based on the Foreign Policy Association’s group format and essay book with help from Global Minnesota. Eight discussions will take place on the second Wednesdays of April through November. Watch your email for more information. Here are the 2024 Great Decisions topics and essay authors:

Mideast Realignment by Marc Lynch / The United States and Middle East are at a crossroads. Despite a reduced presence in the Middle East, the U.S. still has significant national interests there and the area is a key arena for global power politics. Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?

Climate technology and competition by Bud Ward Will / The United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the “common enemy” of climate change?

Science across borders by Mila Rosenthal Scientific / Advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation’s national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?

U.S. -China trade rivalry by Jonathan Chanis / China’s economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy and how effective can it be?

NATO’s future by Sarwar Kashmeri / Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

Understanding Indonesia by Charles Sullivan / Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world’s largest democracies, the world’s largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar? What are current issues in U.S.-Indonesian relations and what role can the country play in Asia?

High Seas Treaty by FPA editors / Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities, such as shipping, overfishing, pollution, and deep-sea mining. The recently negotiated High Seas Treaty, also known as the Biodiversity Beyond National Jurisdiction treaty, will attempt to address these issues. How difficult will it be to convince nations to participate?

Pandemic preparedness by Carolyn Reynolds / Looking back at the covid-19 pandemic, there are many lessons to take away in terms of domestic and international policies. Although this pandemic seems to have waned, how can we apply these lessons to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges?

WELCOME NEW MEMEBERS! WE LOOK FORWARD TO MEETING YOU!

Lucinda Allevan	James & Joanne Hansen	Mike & Peg Lawrence	Chuck & Kathy Piehl
Robb Anderson	Alan Honermann	John Lawton	Stephanie Pribyl
Char Bezanson	Mary Jo & Paul Hustoles	Sandra Loerts	Ross Royer
Mary Clark	Adella Jacobs	Deb & Ron Meissner	Katie Scheurer
Dorothy Coopman	Art & Barbara Keith	Steve Moline	Bill & Josephine Simonette
Mari Dailey	Penny Kirby	Ellen Mrja	Joan Stoll
Mary Jo Erickson	Joseph Kunkel	Mary Beth Nygaard	Jody & Kevin Swanson
Glenn & Rosalie Grams	Dawn Larsen	Clancy Olson	Jenny Wagner



WINTER 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: **Tuesday, Jan 9, 2-4 p.m. — Estate Planning Later in Life**

Do I need to do estate planning or update my plan? Do I need a will, trust, power of attorney, or healthcare directive? Should I be making plans to qualify for Medical Assistance (Medicaid) from the state for long term care? Bring your questions. A lawyer will answer these questions, although no individual legal advice will be provided at this event.

Presenter: Attorney Lisa Chesley of the Chesley Law Firm specializes in elder law, including estate planning.

Location: Pioneer Bank, 1450 Adams St, Mankato (corner of Victory & Adams) Sponsor: Larry Nicol

#2: **Thursday, Jan 11, 2 - 4 p.m. — Connections Ministry in Mankato**

Pastor Erica Koser, Executive Director of Connections Ministry, will give a talk on homelessness in the state and U.S. with an emphasis on the Mankato Area. She will also discuss what is currently being done about the situation. Connections Ministry, founded in 2015 and located at the 1st Presbyterian Church in Mankato, seasonally takes in guests who need a place to spend the night and a meal. There are currently 22 beds for men and 18 for women/families.

Presenter: **Pastor Koser** is an ordained Deacon in the United Methodist Church working at the Centenary Methodist Church in Mankato. Along with Pastor Collette Broody Grund she founded Connections Ministry.

Location: Oak Terrace, 1570 Tower Blvd, North Mankato
(enter west door facing Tower Blvd)

Sponsor: Greg Suskovic

#3: **Thursday Jan 18, 2 - 4 p.m. — Should I Stay or Should I Go?**

Join us for an informative conversation aimed at senior citizens who are struggling with a decision to stay in their home or choose senior housing. We will cover all things related to this decision including senior living options in the area, home health care, physical therapy, home modifications, down-sizing assistance and more.

Presenters: **Laura Templin**, Ecumen Pathstone Senior Living Consultant, **Doug Lamoureux** owner of Caring Transitions of Mankato, and **Nicole Young**, Ecumen Pathstone Director of Therapy.

Location: Pathstone Latitude, 115 Rogers St., Mankato

Sponsor: Steve Gilbert

#4: **Tuesday, Jan 23, 2 - 4 p.m. — Is Everything You Think You Know About Addiction Wrong?**

Through videos and discussion, Anne Fletcher, bestselling author of *Inside Rehab: The Surprising Truth About Addiction Treatment – And How to Get Help That Works* and *Sober for Good: New Solutions For Drinking Problems – Advice from Those Who Have Succeeded*, will examine common myths about addiction and recovery.

Presenter: **Anne Fletcher** is the author of eight award-winning books published by Houghton Harcourt and Viking Penguin. She is a two-time recipient of the American Psychological Association's Outstanding Contributions to Advancing the Understanding of Addictions Award as well as the recipient of the Research Society on Alcoholism Journalism Award and multiple National Health Information Awards. She is a founding member of the Blue Earth County Drug Court and was a presenter at the Nobel Conference 51, "Addiction."

Location: Pathstone Latitude, 115 Rogers St., Mankato

Sponsor: Steve Gilbert

#5: Monday, Jan 29, 2 – 4 p.m. — Dementia Friends

Learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia.

Presenters: **Geri Svauleson**, retired executive director of Brookdale Assisted Living, serves on the ACT on Alzheimer's Board and the Alzheimer's Walk Committee. **Kim Alinder**, retired director Birchwood Cottages volunteers on the Alzheimer's local walk committee and Mankato/North Mankato ACT on Alzheimer's.

Location: Bethlehem Lutheran Church, Grounds for Joy Rm, 720 S 2nd St. Mankato Sponsor: Anne Fletcher

#6: Thursday, Feb 8, 2 - 4 p.m. — The 99th All-Norwegian Infantry Battalion in WWII

During World War II the US Army recruited 1,000 soldiers who could speak Norwegian and ski to train for a new, special unit to help defeat the Nazis. The 99th began at Camp Ripley and then transferred to Fort Snelling and finally to Camp Hale, Colorado. Once in Europe they held the unique distinction of fighting in Normandy, at the Battle of the Bulge, helping to liberate a concentration camp, guarding the Nazi treasure and being the Honor Guard for the returning Norwegian King.

Presenter: **Kyle Ward**, author, and Director of Social Studies Education at MSU, Mankato

Location: Pioneer Bank, 1450 Adams St, Mankato (corner of Victory & Adams) Sponsor: Steve Gilbert

#7: Thursday, Feb 15, 2 - 4 p.m. — Changing the World One Volunteer at a Time: Reflections from Five Peace Corps Volunteers

Five former Peace Corps volunteers will talk about their work in their respective countries, what it meant to them at the time and its effect on them over the years.

Presenters: **Lynn Cases** served in Namibia after the war of independence. **Peter Jacobs and Anne Hokanson** served in Czechoslovakia as volunteers and trainers. They were there when the country split into two separate states: Slovakia and the Czech Republic. **John Hurd** was posted to Botswana and founded an agricultural division of a rural trade school. **Diane Norland** served in rural areas of Iran with her husband Larry.

Location: Pioneer Bank, 1450 Adams St, Mankato (corner of Victory & Adams) Sponsor: Diane Norland

#8: Friday, Feb 16, 2:30 – 4:30 p.m. — Outlaw Citizenship: Post-Reality

"Outlaw" citizenship, citizen participation that seeks to work against government and not with it, in order to disrupt policies that are believed to be unjust, has been on the rise for decades. However, a new form, "Post-Reality Outlaw Citizenship" has taken hold. This form of outlaw citizenship is one in which the grievances participants have are not rooted in basic facts and reality. Here, conspiracy theories and outright lies, particularly ones circulating online, form the basis for which citizens lash out against their governments. This presentation will both examine the roots of "post-reality" outlaw citizenship and present some possible solutions to keep it from happening in the first place.

Presenter: **Dr. Amelia Pridemore**, Assistant Professor of Political Science at MSU, Mankato

Location: Pioneer Bank, 1450 Adams St, Mankato (corner of Victory & Adams) Sponsor: Steve Gilbert

#9: Thursday, Feb 22, 2 – 4 p.m. — Equality at the Ballot Box: Votes for Women in Minnesota

Prof. Lahlum will discuss the very long history of woman suffrage in Minnesota. Along the way, missed opportunities and individuals who fought for the enfranchisement of women will be highlighted. With the recent centennial of the Nineteenth Amendment (1920), there has been a renewed interest in suffrage history in the state. Lahlum will also connect the Minnesota experience with those in neighboring territories.

Presenter: **Lori Ann Lahlum**, Professor, Department of History and Gender Studies, MSU, Mankato

Location: Pioneer Bank, 1450 Adams St., Mankato (corner of Victory Drive & Adams) Sponsor: Steve Gilbert

#10: Monday, Feb 26, 2 - 4 p.m. — Keeping Scammers at Bay: Fraud Prevention Seminar

Learn about the common types of financial exploitation and scams, who is targeted and why, the scope of the problem, and tips on how to avoid becoming a victim. Presenters will cover tricks that scammers use, signs to watch out for, where to report fraud, and who to contact if you, a family member, or friend are targeted by scammers. Included are real stories of victims of fraud.

Presenters: **Dana Cloyd** and **Lisa Lovering**, Senior Financial Fraud Investigators at the MN Dept. of Commerce

Location: Pioneer Bank, 1450 Adams St, Mankato (corner of Victory & Adams) *Sponsor:* Anne Fletcher

#11: Thursday, Mar 7, 2 – 4 p.m. — Woodland Weeds and Invasives, and Extension Service Q&A

With woodlands next to many residential areas in Mankato, woody invasive species can quickly choke out native flowers and plants. This talk will focus on new as well as tried and true techniques to combat and identify pests such as buckthorn, honeysuckle, and garlic mustard. Note: Email your Extension-related questions to lifelonglearners@mnsu.edu by Feb 22 and Shane will answer them during the Q&A.

Presenter: **Shane Bugeja**, has been the local UMN Extension Educator for Blue Earth and Le Sueur County since 2017. He holds a Masters in Soil Science as well as a Bachelors in Agronomy from Iowa State University.

Location: Messiah Lutheran Church, 1706 Lee Blvd. N Mankato

Sponsor: Steve Gilbert

#12: Monday, Mar 11, 2 - 4 p.m. — What's So Funny About Aging?

Social media provides entertaining memes, cartoons, and short videos on many topics related to the aging process. We can laugh because we can relate to the issues whether presented in jest or satire, are silly or insightful, witty, or droll. A collection of humorous and affirmative memes and short musical videos about aging will be presented and used to facilitate discussions about both the joys and challenges of aging.

Presenters: **Linda Good**, retired MSU professor of early childhood education and human relations currently facilitates the VINE Memoir Writers' Group. **Barbara Keating**, retired MSU professor of sociology currently serves as President of the Mankato Area Lifelong Learners.

Location: Pathstone Latitude, 115 Rogers St., Mankato

Sponsor: Steve Gilbert

#13: Thursday, Mar 21, 2 - 4 p.m. — Aftermath: The Evolution of the Rolling Stones in the 1960s

The talk will review the emergence of the Rolling Stones as a legitimate rival to The Beatles as the Stones evolved from a blues-cover band to a group that featured two talented singer-songwriters. We will also discuss the influences on the Stones' music, the extent of their rivalry with the Beatles, and their influence upon the New Left.

Presenter: **Matt Loayza** is a Professor of History at MSU, Mankato, where he teaches courses in U.S. History and his specialty field, the History of U.S. Foreign Relations. He served as Dean of the College of Social and Behavioral Sciences from 2018-2022. Matt has taught undergraduate courses on the history and cultural significance of rock 'n roll.

Location: Pathstone Latitude, 115 Rogers St., Mankato

Sponsor: Steve Gilbert

#14: Thursday, Mar 28, 2 - 4 p.m. — Paper Document Preservation: Why & How?

Amanda Malkin takes old paintings, engravings, prints, photographs, posters, and documents that have become faded, discolored, damaged, etc. and brings them back to life, restoring them to near original appearance. The process by which she does this requires a blend of art and science, attention to detail and patience. Amanda will explain how her craft is done and share striking before-and-after images of some of her restorations.

Presenter: **Amanda Malkin**, a professional associate of the American Institute for Conservation, has a master's degree in the conservation of fine art. She's held positions in a Smithsonian art gallery and numerous museums in the DC area. In 2016, she founded her business, Paperloves Conservation, located in St. Peter.

Location: Messiah Lutheran Church, 1706 Lee Blvd. N Mankato

Sponsor: Greg Suskovic



2024 WINTER REGISTRATION & MEMBERSHIP FORM

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

Gold Membership: \$140/year - Presentations included

Non-member: Presentations \$10 each

Registration prior to attendance requested.

Note: **Gold Members** may register via email (lifelonglearners@mnsu.edu) or telephone (507) 389-2011.

On-line Registration: link.mnsu.edu/lll Choose **View Membership & Registration**, then **Registration**

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

☐ **\$35 Silver Membership — Member 1**

☐ **\$140 Gold Membership — Member 1**

Name: _____

Email: _____

Address: _____

City/State/Zip: _____

Phone: _____ Birth Year _____

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

☐ **\$35 Silver Membership — Member 2**

☐ **\$140 Gold Membership — Member 2**

Name: _____

Email: _____

Phone: _____ Birth Year _____

Annual Membership Fee (s) _____

MBR 1	MBR 2	Silver member presentations - \$5 each
<input type="checkbox"/> 1:	<input type="checkbox"/> 1:	Tues, Jan 9 — Estate Planning Later in Life
<input type="checkbox"/> 2:	<input type="checkbox"/> 2:	Thurs, Jan 11 — Connections Ministry in Mankato
<input type="checkbox"/> 3:	<input type="checkbox"/> 3:	Thurs, Jan 18 — Should I Stay or Should I Go?
<input type="checkbox"/> 4:	<input type="checkbox"/> 4:	Tues, Jan 23 — Is Everything You Think You Know About Addiction Wrong?
<input type="checkbox"/> 5:	<input type="checkbox"/> 5:	Mon, Jan 29 — Dementia Friends
<input type="checkbox"/> 6:	<input type="checkbox"/> 6:	Thurs, Feb 8 — The 99th All-Norwegian Infantry Battalion in WWII
<input type="checkbox"/> 7:	<input type="checkbox"/> 7:	Thurs, Feb 15 — Changing the World One Volunteer at a Time: Reflections of Peace Corps Volunteers
<input type="checkbox"/> 8:	<input type="checkbox"/> 8:	Fri, Feb 16 — Outlaw Citizenship: Post-Reality
<input type="checkbox"/> 9:	<input type="checkbox"/> 9:	Thurs, Feb 22 — Equality at the Ballot Box: Votes for Women in Minnesota
<input type="checkbox"/> 10:	<input type="checkbox"/> 10:	Mon, Feb 26 — Keeping Scammers at Bay: Fraud Prevention Seminar
<input type="checkbox"/> 11:	<input type="checkbox"/> 11:	Thurs, Mar 7 — Woodland Weeds and Invasives, and Extension Service Q&A
<input type="checkbox"/> 12:	<input type="checkbox"/> 12:	Mon, Mar 11 — What's So Funny About Aging?
<input type="checkbox"/> 13:	<input type="checkbox"/> 13:	Thurs, Mar 21 — Aftermath: The Evolution of the Rolling Stones in the 1960s
<input type="checkbox"/> 14:	<input type="checkbox"/> 14:	Thurs, Mar 28 — Paper Document Preservation: Why & How?

_____ **Silver member presentations - \$5 each**

Total Presentation Fees _____

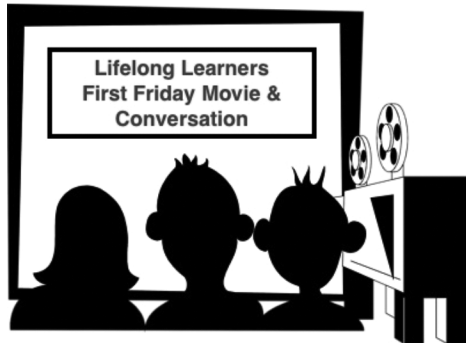
Grand total all fees _____

Submit payment to Mankato Area Lifelong Learners, 129 Morris Hall, Mankato, MN 56001

Gold members may register by telephone or email (see above).



Free Activities for All Members of Lifelong Learners



First Fridays Movie & Conversation

A monthly movie and conversation will be hosted on **First Friday** afternoons at **1:00 p.m.** at Pathstone Latitude, 115 Rogers Street, Mankato.

Upcoming movies:

Jan 5: Amadeus (1984) Biography, Drama, Music

Feb 2: Shane (1953) Drama, Western

Mar 1: Good Night, and Good Luck (2005) Biography, Drama, History

For information on each film, enter the name of the movie in the search bar at imdb.com and find a trailer, director and cast list, run time and more. Trailers are also on YouTube. Organizers Ron Yezzi and Steve Gilbert select the movies and facilitate conversation afterwards. No need to pre-register, but sign-in to validate membership is required. See you there!

Coffee & Current Events meets via Zoom the fourth Friday of each month from 10:00 to 11:30 a.m. This monthly discussion group, hosted by Steve Gilbert and Georgia Holmes, is a welcoming place for members to come together for informal conversations about current affairs where we help one another try to make sense of the headlines and newscasts. There is no fee or required preparation and no commitment to attend every month. New members welcome! To sign-up and receive the Zoom link for the next meeting, simply send an email to coffeeandcurrentevents@gmail.com

Lunch, Dining, and Sip & Chat meet monthly at local restaurants. All members are welcome to participate! Watch your emails for dates and times to join fellow members and their guests for food, fun, and lively conversation.

Our **Bridge Group** meets at the WOW Zone on the third Monday of each month at 1 p.m. If you'd like to participate in this social group, please contact the office.

Interested in playing **500?** Watch your email for details or contact the office with questions.

Enjoy one or both of our **Book Clubs**.

New members are always welcome. Contact the office to participate.

Book Marks reads fiction and meets monthly on fourth Wednesdays.

History & Science book club reads non-fiction and meets quarterly on the second Thursday in March, June, September & December.

Want to see a new social activity?

Contact the office to get it started.

Email LifelongLearners@mnsu.edu or call (507)389-2011

129 Morris Hall • Mankato, MN 56001

MARK YOUR CALENDARS:

Valentine's Day Tea

Wednesday, Feb 14 • 2 pm
Curiosi-Tea House

Maud Hixson returns

Saturday, April 13 • 7 pm
WOW Zone

Arn Kind presents Lucky Lindy

Monday, April 22 • 1-4 pm
North Mankato Fire Station #2

VALENTINE'S DAY TEA

You are invited to join your Lifelong Learner friends for a Valentine's Day Tea on Wednesday, February 14, 2 - 4 p.m. at the Curiosi-Tea House, 1745 Commerce Drive, North Mankato. Our Tea will feature three kinds of tea while we enjoy fruit puff pastries, cucumber and cream cheese sandwiches, ham and pickle roll-ups, raspberry short cakes and special brownie bites. Reserve your place by contacting Lifelong Learners at 389-2011 or email lifelonglearners@mnsu.edu by Friday, February 9. You may pay \$15 at the Tea House.



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BookMarks

Jim Booker

History & Science

Steve Gilbert

Bridge

Mary Bliesmer

Coffee & Current Events

Steve Gilbert & Georgia Holmes

DINING:

Dinner

Elizabeth Peters & Pam Willard

Lunch

Sue Howard

Sip & Chat

Harriet Plotz

First Fridays Movie &

Conversation

Steve Gilbert & Ron Yezzi

OFFICE MANAGER

Pamela Blair

129 Morris Hall

Phone: 507-389-2011

lifelonglearners@mnsu.edu

NEWSLETTER EDITOR

Terry Salerno



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