

Winter 2025

# HAPPENINGS

January 6, 2025 - March 3, 2025



## CALENDAR HIGHLIGHTS 2024-25

**PRIORITY REGISTRATION AND SCHOLARSHIP DEADLINE IS MONDAY, DECEMBER 2, 2024.**

Registration help is available via phone or email, or on campus by appointment only.  
Please call or email the US office for assistance (218-726-7637 | [usask@d.umn.edu](mailto:usask@d.umn.edu)).

### DECEMBER

- 2 . . . . Winter Term Priority  
Registration and  
Scholarship Deadline
- 16 . . . . Member Orientation
- 20 . . . . Zoom Refresher
- 24-26 Campus Closed - Holiday

### JANUARY 2025

- 1 . . . . . Campus Closed - Holiday

- 6 . . . . . Winter Term Begins
- 10 . . . . General Registration Deadline
- 20 . . . . Campus Closed - Holiday

### FEBRUARY

- 3 . . . . . 2nd 4-week classes begin
- 26 . . . . Winter Luncheon
- 28 . . . . End Winter Term  
(Tues.-Fri. Classes)

### MARCH

- 3 . . . . . End Winter Term  
(Mon. Classes)
- 24 . . . . Spring Term Begins

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*US Council meetings are held the  
first Wednesday of the month at  
1:45 PM except in January and July.  
Meetings are open to all members.*

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# US JOURNEY JARGON AND LECTURE SERIES

## Save the Date!

Select Mondays at 11:30am | UMD Griggs Center and via Zoom

Free & open to the public. Bring a friend! No pre-registration required.

**1/6/2025** Ursa Minor Brewing: Crafting Something Special in the Heart of Lincoln Park - Presenter: Amanda Agamaite

**1/13/2025** Uzbekistan and Kyrgyzstan: An Exchange Student Connection - Presenters: Gail Johnejack and Mark Hummel

**1/27/2025** Micro-Recycling and the Plastics Crisis - Presenter: John Nephew

**2/3/2025** Travels to Antarctica and The Arctic 2023 - Presenter: Wendy Schwartz

**2/10/2025** Robotics in Dementia and Elderly Care - Presenter: Arshia Khan

**2/17/2025** A Bit of Finnish Culture: Rowing through Saimaa Järvi, the Largest Lake in Finland - Presenter: Ken Gilbertson

## US SPECIAL INTEREST GROUPS

(OPEN TO US MEMBERS)

### Friday Flicks

Fridays | 12:00pm | Kirby Plaza 311

Friday Flicks welcome all US members and are shown in Kirby Plaza 311 at noon. Just show up; no tickets or registration required. Look for weekly posters and check email announcements and the Orange Book in the Hub (Kirby Plaza 305) for reviews of the movie that is showing each week.

### Cards and Games

Fridays | 12:00pm | Kirby Plaza 303

Gather with your fellow members to play card games such as bridge, cribbage, poker, and more. The program has a handful of card decks, as well as chess and Mahjong sets. Members are encouraged to bring in other games to share!

## ZOOM

UMD University for Seniors uses the Zoom platform for our online classes. Zoom is a free online video-conferencing technology that allows groups of people to gather in an online class setting and learn through lecture instruction, shared presentations, or informal discussions.

Attend our online Zoom Refresher the Friday before our term begins or view a past recording on our website, <http://:university-seniors.d.umn.edu>. (The Zoom Refresher link will be emailed to all registered members prior to the event.)



# WELCOME TO THE UNIVERSITY FOR SENIORS!

We are excited to share with you the Winter term schedule, which consists of forty-seven classes, with six online and two off-campus. The variety offered is sure to spark your interest, from a wide array of historical topics, literature, and poetry discussions to regional culture and current events. Learn about the iconic legacy of the little red brick houses in The Jackson Project: A New Deal in Hermantown, or you may be interested in the common local spiders in the Northland ecosystem. Take a deep dive into history and learn about Ethel Ray, a staunch women's rights and civil rights leader who was born, raised, and educated right here in Duluth, Minnesota. You can Discover the Secrets of Duluth along the Superior Hiking Trail online or get outside and enjoy Duluth's winter beauty with Cross-Country Skiing or Winter Walks.

## BE INVOLVED

The University for Seniors is about community. Please consider sharing your time by volunteering to lead a class, serve as a class assistant, or participate on a committee. To learn more about getting involved, consider attending the member orientation that will be held on campus Monday, December 16, 2024, at 10:00am in Kirby Plaza 309. Everyone is welcome - whether you are a new or returning member!

**We look forward to seeing you soon!**

Mary Durward, US Program President  
Deborah Schlacks, US Program President-Elect  
Suzanne Griffith, US Program Past President  
Wendy J. Larrivy, UMD US Program Director  
LeeAnn Ilminen, UMD US Program Associate

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## MEMBERSHIP COSTS AND REGISTRATION TIPS

### Membership Rates

Term membership rates are \$140 for current members, and \$70 is the introductory rate for first-time members. Scholarships are available by contacting the US program office.

### Registration Tips

- Registration must be received by December 2, 2024, to be considered priority. The general registration and refund request deadline is Friday, January 10, 2025.
- Registration is online with payment by credit card or check.
- Each member needs to create an individual account through our registration website.
- Do not register for two classes occurring at the same time.
- Classes are automatically prioritized by the order you place them into your cart.
- You can reorder your priorities for your requested classes any time before the priority registration deadline. Once you've purchased your membership and requested your classes, go to "My Account" and click "My Priorities."
- If you were on a waiting list for a class that is being offered again this term, prioritize that class as your number one choice.

Registration assistance is available via phone or email. If you wish to meet in person, please schedule an appointment by contacting the program office. If you have any questions about the program or registering, please call **218-726-7637**, or email [usask@d.umn.edu](mailto:usask@d.umn.edu). Visit our website for more information: <https://university-seniors.d.umn.edu>.



# WINTER TERM 2025: AT A GLANCE

**NOTE:** This is not a registration form. Registration must be completed online or on campus during a scheduled appointment.

(1) = 1st four weeks, (2) = 2nd four weeks, (online) = Zoom class

## MONDAY

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### 9:00am

- England's History through Its Castles
- Inventing the Truth: Memoir Writing
- Senior Benefits (1)
- Bone Health and the Biology of Aging (2)

### 1:00pm

- Pandemics: It's a Long Story...
- Chemistry and Environment
- The Art of Biblical Narrative: Short Stories and a Novella (online)
- Real Estate: Buyer and Selling in Today's Market (1)
- Cross-Country Skiing (2)

## TUESDAY

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### 9:00am

- Tai Chi
- Beethoven to the Beatles
- Paine and Simple: "You Know It Don't Come Easy" (1)
- The Natural Resources Research Institute: Minnesota's Unique Challenges and Opportunities (2) (online)

### 11:30am

- The Wonders of Ancient Egypt
- Creating Age-Friendly Communities (1)
- *Arthur C. Clarke's Mysterious World* (1)
- The Amazing Human Brain (We Each Have One!) (2)
- Herbal Traditions of North America (2)

### 2:00pm

- Discover the Secrets of Duluth along the Superior Hiking Trail (online)
- Living from the Inside Out
- Oppenheimer: The Man and the Movie (1)
- American Film Institute's 100 Greatest Films (2)

## WEDNESDAY

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### 9:00am

- Book Study: Historical Trauma, Resilience, and Healing among Native American Peoples (online)
- Greeks and Persians: The Beginning of "East and West" (1)

- Landscape Gardening (1)
- British Soldier-Poets of World War I (2)
- Newspaper Science and Technology II (2)

### 11:30am

- The Wonders of America's State Parks (online)
- The Poetry of Bob Dylan
- Creative Writing (1)

## THURSDAY

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### 9:00am

- Tai Chi
- *Ethel Ray: Living in the White, Gray, and Black*
- *Undaunted Courage: The Lewis and Clark Journey* (1)
- Exploring the Duluth-Superior Harbor (2)

### 11:30am

- *Read Until You Understand: The Profound Wisdom of Black Life and Literature*
- Music and Movement
- Cosmic Adventures (1)
- Northland Weather 101 (2)

### 2:00pm

- The Science and Technology of Electric Vehicles
- *Great Books*
- The Jackson Project: A New Deal in Hermantown (1)

### 2:30pm

- Winter Walks (2)

## FRIDAY

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### 9:00am

- Childbirth Practices and Rituals in Medieval and Early Modern Europe (1) (online)
- Wills and Trusts: Creating an Orderly Plan for Your Loved Ones (1)
- The Ultimate Comedy: *There Were Two* (2)
- Getting to Know Local Spiders (2)

### 9:30am

- Wonderful Watercolor



## MONDAY

### England's History through Its Castles

ON CAMPUS

9:00-11:00am

In 1066, William the Conqueror began the construction of what is considered the Medieval weapon of mass destruction. Four thousand castles later, the story of England can be told through the events surrounding these remarkable structures and the people who inhabited them. A number of specific castles will be talked about, including the Tower of London, Dover, and Warwick Castle.

**Note:** This class differs from the hybrid class offered during the pandemic.

**Cindy McLean** enjoys English history so much that this is her twentieth class on Medieval England. Back from her ventures in the *Twilight Zone* (via classes she offered), Cindy is back to her first love, the history of England.

### Inventing the Truth: Memoir Writing

ON CAMPUS

9:00-11:00am

The goal of this memoir writing group is that each participant finish (or nearly finish) one piece in the eight weeks together. This will be an active group of mostly writing and workshoping with some reading and examples. Handouts with guidelines and tips will be distributed. **LIMIT 18**

**Carol Mohrbacher** is a former English professor and writing center director from St. Cloud State University who has completed several memoir workshops, including the Iowa Summer Writers' Workshop. She has published academic writing, poetry, fiction, travel writing, and memoir.

### Senior Benefits

ON CAMPUS

9:00-11:00am (3 weeks)

This class addresses the challenges of health care, costs, and more in retirement. Topics that will be covered include long-term care, life insurance, final expense planning, medical supplemental needs, and property casualty insurance. Ashley and Dennis hope that by sharing their experiences they can

help shorten the learning curve for seniors navigating their benefits.

**Ashley Thielke** has been a consultant for senior benefits for the last twelve years. Three years ago she founded the Thielke Insurance Agency and brought Dennis on board to supplement the business.

**Dennis Thielke** recently led the Fall term class *Tea: A Beverage for Everyone*.

### Bone Health and the Biology of Aging

ON CAMPUS

9:00-11:00am (2nd four weeks)

Join faculty from the UMD College of Pharmacy and doctors from Essentia and Aspirus St. Luke's as they present on new topics each week; they'll range from bone health, the biology of aging, and diabetes to over-the-counter medications, nutraceuticals, and supplements.

**Presenters:**

**Dr. Grant Anderson** is department chair in the College of Pharmacy with a Ph.D. in microbiology. His expertise is in thyroid hormone, brain development, blood brain barrier, drug transport and metabolism, and lipid metabolism.

**Dr. Ann Yapel** is an adjunct professor in the College of Pharmacy. She holds a PharmD and specializes in medication management at Essentia.

**Dr. Conor Ronayne**, a researcher in the College of Pharmacy, has worked at Harvard Medical School and Dana-Farber Cancer Institute and now does research on mitochondrial biology, an emerging hallmark of the aging process.

**Dr. Reddy Mereddy** is a professor in the College of Pharmacy and associate professor in biophysics in the Department of Biochemistry and Molecular Biology. His research focuses on anti-cancer agents.

**Dr. Sarah Schweiss** holds a PharmD and works at the Aspirus St. Luke's Woodland Avenue Clinic specializing in diabetes and comprehensive medication management.

### Pandemics: It's a Long Story...

ON CAMPUS

1:00-3:00pm (7 weeks)

Pandemics throughout human history show surprising similarities in their rise, spread,

# COURSES



and decline, and in the responses of affected populations. This class will focus on epidemics and the resulting societal changes in biblical times ("plagues"), the late Middle Ages (Black Death), and Early Modern Era (smallpox, syphilis), as well as those we are more familiar with (cholera, tuberculosis, periodic influenzas, polio, etc.) in the Modern Era.

**Judith Broman** is a retired education specialist who has taught a number of University for Seniors classes. After retirement, she decided she really should have been an epidemiologist. All of her different "careers" centered on science and education. Public health has always been an area of high interest for her.

**Book:** *Year of Wonders: A Novel of the Plague* by Geraldine Brooks, ISBN 9781841154572

## Chemistry and Environment

### ON CAMPUS

1:00-3:00pm (7 weeks)

This class takes a look at atmospheric pollution and the chemistry of ozone depletion, global climate change, as well as traditional and nuclear energetics.

**Michael Waxman** was born and raised in the former USSR. He received his Engineering Physics degree in Novosibirsk, Russia, and Ph.D. in Chemistry from Tel-Aviv University, Israel. Michael has authored nearly fifty publications in science and pedagogy. His main area of interest is laser spectroscopy.

## The Art of Biblical Narrative: Short Stories and a Novella

### ONLINE

1:00-3:00pm

In this class, participants will read and discuss several narratives from the Hebrew Bible (aka Old Testament), including the Apocrypha. Prepare to examine these not as history, nor myth, nor religious doctrine, but as what may be best described as "historicized fiction." Each narrative will be considered both as a self-contained story and in its relationship to the others via themes, allusions, style, and various literary techniques.

**Warren Howe** retired from a long career in teaching writing and literature on several levels. He has been an active member of University for Seniors for more than twenty years, happily rewarded in offering and taking

classes. Interactions with fellow members and classmates have been a consistent delight.

**Book:** Any standard bible that includes the Apocrypha. The King James Version (KJV) and New Revised Standard Version (NRSV) are my own favorites, but any reputable version will suffice for our discussions.

## Real Estate: Buyer and Selling in Today's Market

### ON CAMPUS

1:00-3:00pm (3 weeks)

Many questions arise when folks are considering selling or buying a home. What is involved in selling the home? How does the seller prepare for the sale, and what can they expect? What are the advantages of hiring a professional realtor? Is it feasible to sell now or in the future? If you are looking to learn the generalities of selling or even buying, this would be a good class for you.

**Jeanne Tondryk** is a realtor with Messina & Associates. She has been selling real estate for over forty-one years and has owned her own company for nine years. Jeanne is licensed in both Minnesota and Wisconsin. As a native of the area, graduating from Esko High School and the University of Wisconsin-Superior, she understands the culture of this area and has met so many people!

## Cross-Country Skiing

### OFF CAMPUS

1:00-3:00pm (2nd four weeks)

Enjoy fresh air, friendly company, and Duluth's incredible ski trails during the peak of the season during these weekly meetups. Participants will gather at a different trail each week, depending upon grooming conditions. All levels welcome!

Equipment can be rented through UMD's Recreation, Sports, and Outdoor Program. A Minnesota Ski Pass is required on Duluth trails. **LIMIT 15**

**Barb Ellingson** is a retired biology teacher, and **Barbara Possin** is a retired nurse. They both enjoy cross-country skiing and spending time outdoors in the winter.



## TUESDAY

### Tai Chi

#### ON CAMPUS

9:00-10:00am

Tai Chi is a slow, graceful exercise that is sometimes called a moving meditation. Its many benefits include reduced stress, increased flexibility, improved balance, and cardiovascular fitness. Try Tai Chi for yourself! All ability levels are welcome.

**NOTE:** Members may enroll in one or both offerings of this class.

**Anita Campbell** is a retired special education teacher. She has enjoyed Tai Chi practice since her exposure to it in her first term as a University for Seniors member in 2010.

**Diane Oyler** is a retired English teacher who has found attending and leading University for Seniors classes a fulfilling part of retirement life.

### Beethoven to the Beatles

#### ON CAMPUS

9:00-11:00am

Beethoven to the Beatles will develop basic musicianship, enhance artistic expressive awareness, provide historical and cross-cultural contexts, and encourage creative and analytical thinking. Essentially, the class will familiarize participants with the principles of music interpretation, analysis, and historical traditions: Classical, Pop, Jazz, Rock, and Ethnic genres. The ultimate goal is the development of inspired listening aesthetics – forever striving to make musical understanding more profound. Aaron Copland, the Dean of American Composers, said: "To listen intently, to listen consciously, to listen with one's whole intelligence is the least we can do in furtherance of an art that is one of the glories of mankind."

**Tom Wegren** began playing the piano at age three-and-a-half. His music education includes a Bachelor of Music at DePaul University, Master of Arts and Ph.D. at The Ohio State University, as well as postdoctoral work at The Juilliard School and the Paris Conservatoire. He also studied composition with Nadia Boulanger. He served as a Senior Fulbright Scholar in Korea and is Music Professor Emeritus at the University of Minnesota-Duluth.

**Book:** *What to Listen for in Music* by Aaron Copland, Penguin Putnam Inc., ISBN 9780451623737

### Paine and Simple: "You Know It Don't Come Easy"

#### ON CAMPUS

9:00-11:00am (1st four weeks)

While change rarely has one cause, Thomas Paine mattered. Before Paine, the norm was pyramidal societies claiming divine right through foundations clouded in mystery. Demolishing those assumptions, he ignited a worldwide demand for republics grounded in written constitutions. Before Paine, "democracy" connoted anarchy and mob rule. He transformed "democracy" into a viable governance model and expressed the goals of most countries today. Before Paine, nations became allies to oppose other nations. He foresaw republics proliferating worldwide and associating to pursue peace and commerce. Before Paine, reformers favored arcane writing displaying their erudition and elitism. He labored to communicate to everyone "in language as plain as A, B, C." Join the journey exploring Paine's complex and consequential life and work, a substantial revision of Rich's 2023 University for Seniors class.

**Richard Briles Moriarty**, after retiring from a forty-two year legal career, has pursued Paine studies, published several articles on Paine, and become a Board member of the Thomas Paine National Historical Association.

### The Natural Resources Research Institute: Minnesota's Unique Challenges and Opportunities

#### ONLINE

9:00-11:00am (2nd four weeks)

The Natural Resources Research Institute (NRRI) was formed in 1983 by the Minnesota state legislature to provide research and data for informed decision-making concerning the use and sustainability of the state's natural resources. This charter has remained relevant through the decades as challenges, especially related to climate change impacts, have accelerated NRRI's research capabilities and output. The Executive Director of NRRI will start off the class, followed by nine researchers sharing how they are addressing Minnesota's challenges and opportunities.

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**June Breneman** is NRRI Marketing and Communications Manager. She has been at NRRI since 2001, sharing stories and engaging the public in the fascinating world of applied research for impact in Minnesota and beyond.

## The Wonders of Ancient Egypt

### ON CAMPUS

11:30am-1:30pm

This class will examine the history and culture of Ancient Egypt, a cultural continuum that stretched from before 3000 B.C.E. to the time of Alexander the Great, c. 330 B.C.E. In addition to an examination of the political history of Ancient Egypt, the class will devote attention to social and cultural developments in Egypt, including literature, art, architecture, religion, social structure, government, and the worldview of the Egyptians.

**Bill Miller** taught ancient history and U.S. history for forty-six years at the University of Minnesota Duluth, the College of St. Scholastica, and Lewis University in Illinois. He earned a Master's Degree at the University of Chicago and his Ph.D. from the University of Minnesota. He was co-leader of a research project documenting inscriptions in the Egyptian eastern desert and co-authored the resulting book, *Pharaonic Inscriptions from the Southern Eastern Desert of Egypt*. He has regularly led University for Seniors classes during the Winter term.

## Creating Age-Friendly Communities

### ON CAMPUS

11:30am-1:30pm (1st four weeks)

As individuals live longer and our population grows older, communities in Minnesota and nationwide are creating more inclusive "Age-Friendly" communities that better account for the needs and preferences of older adults. The American Association of Retired Persons (AARP) leads the Network of Age-Friendly Communities initiative in the United States. Membership is not a stamp of approval but instead a commitment of local leaders and residents to assess their environments and make improvements. This class will cover the Network and its enrollment process; its domains, focused on the physical, social, and service environments; and practical steps for

how participants can effect positive change in their own communities.

**Meghan Redmond and Jay Haapala** are Associate State Directors at AARP Minnesota, empowering people to choose how they live as they age and building communities that are inclusive of older adults. Jay and Meghan support the growing collection of twenty-six Minnesota Age-Friendly Communities as well as the State's Age-Friendly Council with AARP resources and technical assistance. They have each worked and served in the Minnesota nonprofit sector aligning organizations and people to address community needs for over twenty years. Meghan is a graduate of the University of Minnesota Humphrey School of Public Affairs, and Jay is a graduate of Minnesota State University-Mankato in recreation resource management.

## Arthur C. Clarke's Mysterious World

### ON CAMPUS

11:30am-1:30pm (1st four weeks)

The Bermuda Triangle, deep sea monsters, aliens, Bigfoot, ghosts, Stonehenge, UFOs. Explore, in detail, these and other mysteries while delving into the mind of one of humankind's greatest thinkers: the celebrated author, scientist, and futurist Arthur C. Clarke. The class will be divided into two parts, held during the Winter 2025 and Spring 2025 terms.

**Steven Coz** has an eclectic mix of hobbies and interests but insufficient time and energy to pursue them all.

**Book** (recommended, not required): *Arthur C. Clarke's Mysterious World* by Simon Welfare and John Fairly, ISBN 0891042687

## The Amazing Human Brain (We Each Have One!)

### ON CAMPUS

11:30am-1:30pm (2nd four weeks)

Explore some of the workings of the human brain with a sense of wonder and even awe. Topics will include neuroplasticity (how the brain changes and can even change itself throughout life); vision (how the brain sees the world); and the relationship between attention, concentration, and memory. We will also look at how some of the brain's quirks and foibles can actually mislead us.



**Charlie Moulton** has been involved with University for Seniors since 2019. While he is not a neurologist or a Ph.D. neuroscientist, he is fascinated by the human brain. Also, he does actually have a brain that he has used for over seventy years (with varying levels of success).

## Herbal Traditions of North America

### ON CAMPUS

**11:30am-1:30pm (2nd four weeks)**

Learn about various herbal traditions practiced in North America. Historical and contemporary traditions will be included. Attendees are encouraged to share their herbal traditions and experiences during class time.

**Tenby Owens** has been an herbalist since 1995. She lives and works in the area. She had a clinic in Superior, Wisconsin serving human needs. Her current practice focuses on animal clients.

## Discover the Secrets of Duluth along the Superior Hiking Trail

### ONLINE

**2:00-4:00pm**

Duluth's Superior Hiking Trail weaves through the neighborhoods of Duluth. Learn both fun and interesting stories as well as discover some dark Duluth characters. Most information is little known or unknown to most Duluthians.

**Judy Gibbs** is an environmental educator who, along with 750 volunteers, built the Superior Hiking Trail through Duluth. She is working on a book about this class topic and is the co-author of two other books about the trail.

## Living from the Inside Out

### ON CAMPUS

**2:00-4:00pm**

Throughout most of our lives, we look around us to figure out who we are and what we want. After we turn sixty, it is important that we begin looking inside ourselves for clarity about our values and purposes in life and in the process learn how to become more intentional, insightful, inquisitive, and inspired. Join us as we explore this topic.

**Tone Lanzillo** moved to Duluth in 2017 to join the Loaves and Fishes community after thirty years in the mental health field. For the past six years, he has been writing about climate

change and exploring how to lead a more resilient and meaningful life in this climate-change world.

## Oppenheimer: The Man and the Movie

### ON CAMPUS

**2:00-4:00pm (1st four weeks)**

The movie *Oppenheimer* won the Best Picture Oscar in 2024. It vividly depicts the remarkable achievements and the tragic humiliation of this brilliant and enigmatic man, known as the father of the atomic bomb. This class will explore his life and view the motion picture in its entirety, while discussing the challenges of making the movie, the moral ambiguities involved, and the controversial legacy of J. Robert Oppenheimer.

**Jay Amato** is a retired physicist and software engineer. He has a Ph.D. in physics and has done nuclear research at the Los Alamos National Laboratory. He greatly enjoys participating in University for Seniors.

## American Film Institute's 100 Greatest Films

### ON CAMPUS (2nd four weeks)

**2:00-4:00pm**

Continue viewing the American Film Institute's choices of the best films ever made. In this class, participants watch each film and, if time allows, have a brief discussion. Winter term films include *Guess Who's Coming to Dinner*, *Yankee Doodle Dandy*, *The General*, and *Intolerance*.

**Paul Chialastri** is a lifelong resident of Superior who graduated from Superior Cathedral and earned a Bachelor of Science degree in history from University of Wisconsin-Superior. Since retiring in 2010, Paul has been a University for Seniors member and served on the US Curriculum Committee for many years.

## WEDNESDAY

## Book Study: Historical Trauma, Resilience, and Healing among Native American Peoples

### ONLINE

**9:00-11:00am**

Hillary Weaver, in her 2019 book, *Trauma and Resilience in the Lives of Contemporary Native*



*Americans: Reclaiming our Balance, Restoring our Wellbeing*, notes, "Indigenous Peoples around the world and our allies often reflect on the many challenges that continue to confront us, the reasons behind health, economic, and social disparities, and the best ways forward to a healthy future." Historical trauma is not a phenomenon limited to the experiences of Native American peoples. This class will first discuss and define intergenerational trauma, then examine the impact of historical trauma, the role of Native American resilience and culture in recovery from trauma, and the efforts toward healing and creating a more hopeful future taking place today among many Native American peoples.

**Elizabeth (Liz) Blue** is a non-Indian member of a blended Dakota/non-Indian family. She was a social work practitioner for nineteen years and a social work researcher and trainer for thirty years, and she retired as a Professor Emeritus in Social Work at the University of Wisconsin-Superior after twenty-seven years. Both her family and professional backgrounds have reflected her commitment to act, whenever possible, to increase knowledge and understanding between American Indian people and others.

**Book:** *Trauma and Resilience in the Lives of Contemporary Native Americans: Reclaiming our Balance, Restoring our Wellbeing* by Hilary N. Weaver, ISBN 9781315109961

## Greeks and Persians: The Beginning of "East and West"

**ON CAMPUS**

**9:00-11:00am (1st four weeks)**

This class explores ancient imperialism and the responses of non-member groups to it, primarily as witnessed among the Greeks. To gain a deeper perspective, participants will also briefly explore the responses of the Persian Empire's non-Greek neighbors, particularly the Jews as reflected in the Hebrew Bible and the Egyptians after their conquests and centuries-long domination by Persian rulers. The class raises timeless questions.

**Tom Burns** is a Professor Emeritus at Emory University and leader of numerous previous classes for University for Seniors.

**Book:** *The Persians and Other Plays by Aeschylus*, Penguin Classics, ISBN 9780140449990

## Landscape Gardening

**ON CAMPUS**

**9:00-11:00am (1st four weeks)**

Prepare for spring by learning about landscaping styles, techniques for maintenance, gardening practices, and some of the historic landscapes in Duluth. Participants are encouraged to bring questions and pictures of their problem areas for suggestions.

**Dennis Lamkin** retired from US Bank as the senior national property manager. He has been fascinated with landscaping for years and is a member of both the Minnesota Landscape Arboretum and the Minnesota Chapter of the American Society of Landscape Architects. Dennis has also hosted the PBS North series *Great Gardening*.

## British Soldier-Poets of World War I

**ON CAMPUS**

**9:00-11:00am (2nd four weeks)**

World War I was called "the war to end all wars." With new-fangled weaponry and trench warfare, it was also unmatched in brutality and carnage. A number of soldier-poets, many of whom were to become casualties, eloquently chronicled this first "modern war." The most prominent was the British poet Wilfred Owen, whose poem "Dulce Et Decorum Est" is justly famous for capturing the horrors of the battlefield and eviscerating the jingoism of the day. In this class, we will read and discuss the poems of several British soldier-poets, including those of Owen.

**Deborah Schlacks** is Professor Emeritus of English at the University of Wisconsin-Superior. Her main research interest, F. Scott Fitzgerald, was in the army during World War I but never saw combat, to his dismay. Her interest in his response to the war has led her to explore the poetry of those who were in the trenches.

**Book:** *World War I British Poets: Brooke, Owen, Sassoon, Rosenberg, and Others* edited by Candace Ward, Dover Thrift Edition, ISBN 9780486295688 (This book can also be accessed online at no charge via *Internet Archive*.)



## Newspaper Science and Technology II

### ON CAMPUS

9:00-11:00am (2nd four weeks)

Explore very current developments in science and technology that are, or will be, impacting our daily lives. Included will be such contemporary topics as artificial intelligence (AI), exciting new medical technology, innovative manufacturing processes and their environmental implications, the latest in drug development, and "adaptive climate change."

**Robert Carlson** has an extensive background in chemistry and materials science and has taught at the University of Minnesota Duluth in the Chemistry and Biochemistry Department for many years. His current status is Professor Emeritus.

**Gary Glass** has a Ph.D. in Chemistry and was the past senior scientist at the United States Environmental Protection Agency out of Duluth. Gary will be presenting briefly each week.

## The Wonders of America's State Parks

### ONLINE

11:30am-1:30pm

The United States boasts "a remarkable treasure trove of wilderness, wildlife, history and recreation in its over 8,000 state parks, stretching from New England to the Pacific Northwest to the Hawaiian Islands" (*The Great Courses*). A series of *Great Courses* lectures, with supplemental material, will highlight the origin of these parks, what they offer to America's story, and how best to experience them.

**Diane Oyler** is a retired English teacher who has found attending and leading University for Seniors classes an exciting part of retirement life.

## The Poetry of Bob Dylan

### ON CAMPUS

11:30am-1:30pm

Since he has won eleven Grammys, a Golden Globe, an Academy Award, a Pulitzer Prize, a Presidential Medal of Freedom, and the Nobel

Prize for Literature, are we in agreement that Bob Dylan is more than an entertainer? Are his songs really poetry? Explore these questions and more during this class.

**Chris Thomalla** is a retired school administrator, teacher, and coach from Illinois, Minnesota, and Wisconsin.

## Creative Writing

### ON CAMPUS

11:30am-1:30pm (1st four weeks)

Prepare to have fun with writing. Practice observing, using your imagination, and expanding your use of language. Explore several different types of poetry and prose styles including memoir, fiction, and creative non-fiction. Practice using the senses in your writing, and discover different methods to increase creativity. **LIMIT 15**

**Cheryl Reitan** has been a professional writer since the 1970s. She has published poetry, fiction, and non-fiction and served for over forty years as a university writer and magazine editor. Her civil rights history book *Thunder of Freedom: Black Leadership and the Transformation of 1960s Mississippi*, written in collaboration with Sue Sojourner, was a finalist for the 2013 Minnesota Book Award.

## THURSDAY

### Tai Chi

#### ON CAMPUS

9:00-10:00am

Tai Chi is a slow, graceful exercise that is sometimes called a moving meditation. Its many benefits include reduced stress, increased flexibility, improved balance, and cardiovascular fitness. Try Tai Chi for yourself! All ability levels are welcome.

**NOTE:** Members may enroll in one or both offerings of this class.

**Anita Campbell** is a retired special education teacher. She has enjoyed Tai Chi practice since her exposure to it in her first term as a University for Seniors member in 2010.

**Diane Oyler** is a retired English teacher who has found attending and leading University for Seniors classes a fulfilling part of retirement life.



## **Ethel Ray: Living in the White, Gray, and Black**

**ON CAMPUS**  
**9:00-11:00am**

Ethel Ray was a staunch women's rights and civil rights leader during the Harlem Renaissance. She was born, raised, and educated right here in Duluth, Minnesota. The book *Ethel Ray: Living in the White, Gray, and Black* is an accurate and fantastic account of this American icon as well as an important historical and educational document for all to learn from. This class offers the chance for participants to explore the book together in its entirety and to experience a few surprises along the way.

**Henry L. Banks** is a longtime Duluth resident and community leader originally from the Kansas City, Missouri area. He is founder and first co-chair of Historic Clayton Jackson McGhie Memorial in downtown Duluth. The Memorial, unveiled in October 2003, is the first of its type in the United States and was featured in a 2007 National Geographic Society book titled *Etched in Stone* as one of the Top 52 Monuments or Memorials in America. Henry is currently a Duluth Public School Board member representing District 3.

**Book:** *Ethel Ray: Living in the White, Gray, and Black* by Karen Felecia Nance, published by In Black Ink, St. Paul, Minnesota (a nonprofit, grassroots Publishing Arts Initiative) [www.inblackink.org](http://www.inblackink.org), ISBN 9798989506521

## **Undaunted Courage: The Lewis and Clark Journey**

**ON CAMPUS**  
**9:00-11:00am (1st four weeks)**

Meriwether Lewis and William Clark led an epic American journey through the Louisiana Purchase at the behest of Thomas Jefferson. Using Ken Burns's documentary and Stephen Ambrose's unequalled descriptions in *Undaunted Courage*, this class will study this adventure from its beginning in Washington D.C., to its end in St. Louis, Missouri.

**Heather Sweetland** has led multiple classes for University for Seniors during the past ten years covering law, history, and literature.

**Book:** (recommended, not required): *Undaunted Courage: Meriwether Lewis, Thomas Jefferson, and the Opening of the*

*American West* by Stephen E. Ambrose, ISBN 9780684826974

## **Exploring the Duluth-Superior Harbor**

**ON CAMPUS**  
**9:00-11:00am (2nd four weeks)**

Each week a different speaker will highlight aspects of the Duluth-Superior Harbor, which is at the heart of our region. A representative of the Duluth Seaway Port Authority will share an overview of the port along with recent activities; a retired fleet executive will discuss Great Lakes shipping; someone from the U.S. Coast Guard will outline its support of the harbor and Great Lakes; and a spokesperson from the Environmental Protection Agency will cover St. Louis River remediation projects.

**Mary Jackson**, who enjoys learning more about harbor activities, will facilitate the class. She grew up near a port and worked for a mining company that had a thousand-footer used to ship iron ore.

## **Read Until You Understand: The Profound Wisdom of Black Life and Literature**

**ON CAMPUS**  
**11:30am-1:30pm**

When Farah Jasmine Griffin was only nine years old, her father gave her a book in which he had written the inscription that became the driving mission of her life and serves as the title of her book: *Read Until You Understand*. Her father died suddenly not long after. From enslaved poet Phillis Wheatley to today's heart wrenching sage, Jesmyn Ward, Griffin, who is Professor of African American and African Diaspora Studies at Columbia, leads us on an odyssey of soul searching through searing literature and poignant personal memoir. Griffin lifts up themes of legacy, love, learning; mercy; black freedom and the idea(l) of America; justice; rage and resistance; death; the transformative potential of love; joy; beauty; and gardens of grace; and takes us to the heart of the literature of dozens of writers and artists, including Toni Morrison, James Baldwin, Frederick Douglass, Langston Hughes, Malcolm X, Frances Harper, Audre Lorde, Maya Angelou, Richard Wright, Ralph Ellison, Lorraine Hansberry, and Zora Neale Hurston - all this and more in just over 200



pages that can hardly be put down except to catch your breath.

**David Tryggstad** is a retired Lutheran pastor. For almost ten years since retirement, he has served as parttime and substitute organist in various churches in the area and has taught more than a dozen classes through the University for Seniors.

**Book:** *Read Until You Understand: The Profound Wisdom of Black Life and Literature* by Farah Jasmine Griffin, ISBN 9781324022046

## Music and Movement

### ON CAMPUS

11:30am-1:00pm

Improve coordination, balance, motor control, attention, memory, processing, and energy while moving to music in a fun, group atmosphere! We will be using the Ronnie Gardiner Method for Movement, a common medical technique employed throughout Europe. We will continue from previous classes; however, new participants are welcome to join!

**Carolyn Haney** worked as a school counselor in both Minnesota and Wisconsin for twenty years, and as a teacher in Texas prior to counseling. She is trained in a variety of cognitive therapy techniques and programs and has run the Duluth Core Learning Therapy Center for twelve years, working with both children and adults to strengthen underlying cognitive and motor skills.

## Cosmic Adventures

### ON CAMPUS

11:30am-1:30pm (1st four weeks)

Learn sky basics along with the winter constellations and planets. Special topics include the search for life on Mars, why Pluto is or is not a planet, and the wonders of the daytime sky, including halos, sundogs, and glories. One of the four classes will be held at the Marshall W. Alworth Planetarium at UMD with an optional night out on Skyline Parkway near Hawk Ridge observing with a telescope.

**Bob King**, author and educator, fell in love with the night sky and astronomy when he was a kid and loves to share his passion with people of all ages through teaching and public observing. He is a community educator and writes for *Sky & Telescope's* magazine and website. Bob also pens the long-time blog *Astro Bob* that he started in

2008 and shares news of current sky events on WTIP-FM (Grand Marais) and The North 103.3 FM (Duluth).

## Northland Weather 101

### ON CAMPUS

11:30am-1:30pm (2nd four weeks)

Calling all weather enthusiasts! This class will be an opportunity to take a deep-dive into the science and safety of weather phenomena, instructed by meteorologists from the National Weather Service office in Duluth. Topics will include NWS Duluth forecasts, severe thunderstorms, tornadoes, flooding, winter storms, blizzards, extreme cold, lake-effect snow, fire weather, airport weather forecasting, and conditions on Lake Superior. No previous weather experience or expertise is required. Come join us for an interesting and informative look at weather in the Northland.

**Meteorologists from the National Weather Service** office in Duluth, Minnesota will be the instructors for this class. We look forward to introducing ourselves to you each week during this class.

## The Science and Technology of Electric Vehicles

### ON CAMPUS

2:00-4:00pm

Electric Vehicles (EVs) promise to be the foundation for future transportation needs. EVs can be three to five times more efficient than gas vehicles, have much lower life cycle costs, and provide a wide variety of other advantages. This class goes beyond the "EV overview" stage to focus more deeply on the scientific and technological aspects that will make the EV the "next big thing" in the transportation sector.

The transition to EVs changes many of our fundamental assumptions regarding how vehicles are fueled, maintained, and driven and presents serious technological challenges. Topics covered include a comparison with gas-powered vehicles, maintenance, fuel cost, efficiency, security, safety, and driving experience. In addition, we will explore EV battery attributes and look at new, much cheaper, and longer-range battery technologies.

**Thomas Anderson** is a University of Minnesota Master of Science in Electrical



Engineering graduate. He is currently a principal technologist with the Alliance for Telecommunications Industry Solutions (ATIS), a Washington DC nonprofit that develops standards and solutions for the information and communications technology (ICT) industry. He has also taught classes on EV in the Southern Oregon University Osher Lifelong Learning Institute.

### **Great Books**

#### **ON CAMPUS**

**2:00-4:00pm**

This winter session we will read and discuss works representative of Western Civilization. We'll read two plays (Shakespeare's *Othello* and Sophocles' *Antigone*) and watch filmed versions. We'll read essays by Darwin, Hume, de Toqueville, and sociologist Georg Simmel. No special background is required beyond an interest in reading and discussing.

#### **LIMIT 16**

**Bonnie Lloyd** is an avid reader who has facilitated *Great Books* groups for several years. She is an eager University for Seniors member who highly values the opportunities to interact with people with shared interests.

**Book:** *The Great Books Reading & Discussion Program, First Series, Volume 2*, ISBN 0945159773. The book is required. You can order it from the Great Books Foundation for \$30 or find it used on sites such as Amazon (1985 edition) for about \$5.

### **The Jackson Project: A New Deal in Hermantown**

#### **ON CAMPUS**

**2:00-4:00pm (1st four weeks)**

What is Hermantown known for? While hockey may come to mind, the city's true historical legacy lies in its iconic little red brick houses. These homes were a product of the Homestead Project, part of President Franklin D. Roosevelt's New Deal, which sought to help Americans recover from the devastation of the Great Depression. In the 1930s, as unemployment soared and many struggled to survive, FDR's administration launched various programs to bring people back to the land and support rural communities. In Hermantown, eighty-four families were selected to join the Jackson Project, a cooperative effort designed to create self-sustaining communities.

This class will delve into the rich history of these homes and the lasting impact of the Jackson Project on the town, with one session held at the Hermantown History Center.

**Delaine Carlson**, a founding member of the Hermantown History Center and lifelong resident, brings a deep passion for the town's history.

**Linda Bray**, a retired Hermantown teacher and avid traveler, will share how her own Jackson Project home gave her roots and stability, allowing her to explore the world while always returning home.

### **Winter Walks**

#### **OFF CAMPUS**

**2:30-4:30pm (2nd four weeks)**

Get outdoors, have fun, and enjoy the natural beauty that winters in Duluth have to offer. Depending on the weather and conditions, this group will meet in a different location each week and walk on the snow on relatively flat trails. Poles, snowshoes, or traction cleats may be used. The University for Seniors program has snowshoes and poles that can be checked out for this class. **LIMIT 20**

**Suzanne Griffith** is an outdoor enthusiast who chooses not to limit activities just because it is winter.

## **FRIDAY**

### **Childbirth Practices and Rituals in Medieval and Early Modern Europe**

#### **ONLINE**

**9:00-11:00am (1st four weeks)**

Childbirth was the most dangerous time of their lives for medieval and early modern European women, with a twenty-five to thirty percent maternal mortality rate. A variety of childbirth practices and rituals were used to attempt to ensure their survival during pregnancy, childbirth, and the postpartum period. This class examines relics and other devotional aids, magical charms and amulets, the shift from midwives to physicians, popular gynecological texts (some written by women), and the variety of surgical instruments and accessories used, such as birthing trays, birthing stools, and linens.



**Mary Morse** is Professor Emerita of English and past director of the Gender and Sexuality Studies Program at Rider University, Lawrenceville, New Jersey. She has taught previous classes on witch hunts and women in Arthurian literature for University for Seniors.

## **Wills and Trusts: Creating an Orderly Plan for Your Loved Ones**

### **ON CAMPUS**

**9:00-11:00am (1st four weeks)**

Learn about the basics of wills, trusts, powers of attorney, probate, real estate, and other property transfers. Explore the benefits of charitable giving strategies. Get answers to your questions about creating or updating your own estate plan.

**Lisa Mandelin** enjoyed helping families with their banking, trust, and estate matters over a career of forty years in local financial institutions. She has been a member of University for Seniors for ten years.

**Mark Danielson** is a retired attorney. He specialized in helping families with their estate planning, then worked as a trust and financial advisor, concluding his career as a development officer for the Duluth Superior Area Community Foundation.

## **The Ultimate Comedy: There Were Two**

### **ON CAMPUS**

**9:00-11:00am (2nd four weeks)**

Comedy is one of the greatest human inventions. For more than twenty-five-hundred years, people have been entertained by comedies, often without realizing that comic form and vision offer an interpretation of life. Although, like Rodney Dangerfield, comedy “don’t get no respect” compared to “serious” theater and cinema, comedy is the more intellectual form. In this class we will explore comedy’s origins and history and its relationship with humor by focusing on two famous comedies, Oscar Wilde’s *The Importance of Being Earnest* (1895) and Anton Chekhov’s *The Cherry Orchard* (1904). And we will discuss why one might claim that each qualifies as “the ultimate comedy.”

**Tim Blackburn** has taught English at several colleges, including nine years at the College of St. Scholastica and two graduate courses at the University for Minnesota Duluth, as well as college preparatory schools in three states. He has directed nearly fifty plays, including four operas.

### **Books:**

1. *The Importance of Being Earnest* by Oscar Wilde, ISBN 9780486264783
2. *The Cherry Orchard* by Anton Chekhov, ISBN 9780486266824

*(The texts are also available to view online.)*

## **Getting to Know Local Spiders**

### **ON CAMPUS**

**9:00-11:00am (2nd four weeks)**

Spiders are very common members of the Northland ecosystem. Despite this, most folks know little about them. In this class, we will learn what is and is not a spider, where they live, and how they live. We will talk about spiders that make webs, but also those that do not. Emphasis will be on local spiders, their feeding habits, life cycle, and how to recognize them.

**Larry Weber** is retired from forty years of classroom teaching, often outdoors. He is author of about twenty nature books, including two on spiders: *Spiders of the North Woods* and *Web Watching: A Guide to Webs and the Spiders that Make Them*. He writes a weekly nature column for the *Duluth News Tribune* and has taught many University for Seniors classes in recent years.

## **Wonderful Watercolor**

### **ON CAMPUS**

**9:30-11:30am**

Participants will learn principles of art and how to use a variety of watercolor techniques. Beginners are welcome, and experienced class members may be inspired. **LIMIT 18**

**Edna Blanchard** paints in acrylics, oils, and watercolor. She learned art basics from workshops, lessons, books, and the experience of other artists. She is pleased to pass on the knowledge she has gained over the years and hopes painting becomes an inspiration and a refuge for participants as it has in her life.



# University for Seniors

UNIVERSITY OF MINNESOTA DULUTH  
Driven to Discover

## UMD University for Seniors

387 Kirby Plaza  
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Duluth, MN 55812

Winter Term 2025 | January 6 - March 3, 2025

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## IMPORTANT INFORMATION

### Priority Registration Ends 12/2/24!

Register Online at:  
<https://usregister.d.umn.edu/umnd>

### Save the date for the following orientations:

**Members:** Monday, December 16, 2024,  
10:00am in Kirby Plaza 309

**Class Assistants:** Thursday, December 19,  
2024, 10:00am in Kirby Plaza Room 309

**Class Leaders:** Friday, December 20,  
2024, 10:00am in Kirby Plaza 309

**Zoom Refresher:** Friday, December 20,  
2024, 1:30pm online. Link will be sent in  
email to all registered members.

**Contact Us:** 218-726-7637  
**EMAIL:** [usask@d.umn.edu](mailto:usask@d.umn.edu)  
**WEBSITE:** [university-seniors.d.umn.edu](http://university-seniors.d.umn.edu)

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### FIND IT INSIDE. FIND IT FAST!

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