

Spring 2025

HAPPENINGS

March 24, 2025 - May 16, 2025



Fall 2024 Disc Golf class on UMD Grounds - Photo by Barb Ellingson

CALENDAR HIGHLIGHTS 2025

PRIORITY REGISTRATION AND SCHOLARSHIP DEADLINE IS SUNDAY, FEBRUARY 23, 2025.

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).

FEBRUARY

- 23 Spring Term Priority
Registration and Scholarship
Request Deadline
- 26 Winter Luncheon
- 28 End Winter Term
(Tues.-Fri. Classes)

MARCH

- 3 End Winter Term
(Mon. Classes)
- 10 Member Orientation
- 12 Assistant Orientation
- 13 Class Leader Orientation
- 24 Spring Term Begins
- 28 General Registration Deadline

APRIL

- 21 2nd 4-week classes begin

MAY

- 14 Spring Luncheon and
Annual Business Meeting
- 16 End Spring Term

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.

UNIVERSITY FOR SENIORS JOURNEY JARGON & 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.

- 3/31/2025** Duluth Sister Cities: A Visit to a Japanese Seaside Town - Presenter: Tom Zelman
- 4/7/2025** New Zealand: A Beautiful Place - Presenter: Wendy Grethen
- 4/14/2025** Exploring Place(s) in Renaissance Italy: Reflections on a Fall 2024 Research Adventure - Presenter: Jenn Webb
- 4/21/2025** Community, Resilience, and People Power in the Chequamegon Bay Area - Presenter: Alex Strachota
- 4/28/2025** Barging in France - Presenters: Sara Duke & David Devere
- 5/5/2025** The Legacy of Willard Munger - Presenter: Mark Munger
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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 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.

View a past recording on our website, <http://:university-seniors.d.umn.edu>.

WELCOME TO THE UNIVERSITY FOR SENIORS,

Our Spring 2025 term schedule consists of forty-six classes with two online and four off campus. We continue to offer a wide variety of classes to choose from that are sure to pique your interest. Classes span from regional interests such as the Sax-Zim Bog: The Land, The People, The Birds, and The Orchids, and Safe Boating practices to the nationally known such as Exploring Emily Dickinson's Poems, and The Wines of the World. You may want to learn the art of International Folk Dancing, Tai Chi, or Watercolor Experiences or take a deep dive into history with a discussion about *Consequences of Capitalism: Manufacturing Discontent and Resistance*. We also offer many opportunities to be outdoors with Beginning Disc Golf or Spring Walks and Hikes. There is something for everyone!

The University for Seniors is about community and creating that sense of belonging through shared experiences, and shared actions. 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, March 10, 2025, at 10:00am in Kirby Plaza 309 or email wlarrivy@d.umn.edu. All are welcome!

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

COURSES

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 February 23, 2025, to be considered priority. The general registration and refund request deadline is Friday, March 28, 2025.
- Registration is online with payment by credit card or a check can be mailed. We are no longer able to process card payments over the phone.
- 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. Visit our website for more information: <https://university-seniors.d.umn.edu>.

SPRING TERM 2025: AT A GLANCE

NOTE: This is not a registration form. Registration must be completed online or on campus during a scheduled appointment. Classes are once a week for eight weeks unless noted.

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

MONDAY

9:00am

- Zoom into Spanish (online)
- Bird's Eye View of U.S. Presidential Elections
- Real People Who Never Existed
- Senior Driving Safety (2)

1:00pm

- Times of Turmoil: Passage of the Civil and Voting Rights Acts
- Ukraine and the Cossacks
- Vietnam: Stories from the Homefront (1)
- Lunch in the Park (2)

TUESDAY

9:00am

- Tai Chi
- "How Can They Be so Blind?" Exploring America's Political Divide
- Geology Rocks! (2) (online)

11:30am

- History, Legacy, and Importance of African Heritage Gospel Music
- Peoples on the Move
- Community Connections: Resources We Can Use (1)
- Mysterious World of Arthur C. Clarke (2)

2:00pm

- Opera: Tragic Love Stories
- Humanizing Incarceration
- American Film Institute's 100 Greatest Films (1)
- Beginning Disc Golf (2)

WEDNESDAY

9:00am

- The Importance of Words in American and World History
- The History of Mathematics (1)

- Let's Keep It Simple: Let's Talk Nutrition (1)
- Cocktail Economics (2)
- What the %#*& Is a Supply Chain? (2)

11:30am

- International Folk Dancing
- Aviation History
- *The Great Gatsby* at One Hundred: Celebrating—and Analyzing—a Classic (1)
- Wines of the World (2)

THURSDAY

9:00am

- Tai Chi
- Sax-Zim Bog: The Land, The People, The Birds, and The Orchids (1)
- Tech Tips to Make Life Easier (1)
- Becoming A Birder (2)
- Phone Photography (2)

11:30am

- A Discussion of *Consequences of Capitalism: Manufacturing Discontent and Resistance*
- Safe Boating (1)
- Cosmic Adventures (2)
- Creative Writing (2)

2:00pm

- Exploring Emily Dickinson's Poems
- *Great Books: Great Conversations*
- Senior Perspectives (1)

2:30pm

- Spring Walks and Hikes (2)

FRIDAY

9:00am

- Challenges for Democracy
- Cryptocurrencies (1)
- *Get It Together: Organize Your Records so Your Family Won't Have To* (2)

9:30am

- Watercolor Experiences
- Hiking I

Zoom into Spanish

ONLINE

9:00-10:00am

Anyone interested in continuing the study of Spanish at whatever level should join this class. Communicating with one another is the most valuable aspect of this class. Join to improve your Spanish language conversational skills, and enjoy others doing the same. Share in the exploration and fun. **LIMIT 12**

Anne Kucinski enjoys teaching and speaking Spanish. She is a former high school Spanish teacher for ISD 709 and enjoys being retired and communicating in Spanish. She looks forward to working with anyone at any level of language.

Bird's Eye View of U.S. Presidential Elections

ON CAMPUS

9:00-11:00am

This class is a survey of all of the elections for U.S. President from 1788 to the present, with a focus on candidate choice and electoral patterns. Participants will explore the changes in presidential campaigns and elections over that timespan.

Dr. Craig Grau taught political science at UMD for thirty-six years. One of the courses he taught was Political Parties and Elections.

Real People Who Never Existed

ON CAMPUS

9:00-11:00am

Was there really a King Arthur, and what about Robin Hood? Did the Pied Piper really lure away all the children in Hamelin? Did William Tell shoot an apple off his son's head? Did Amazon warriors fight at Troy? This class will look at these people and more. Did they exist, and if not, why do we have these stories? This class will use material from the 2023 offering Real Places and People Who Did Not Exist.

Cindy McLean has offered about twenty-four classes for the University for Seniors and has loved every minute. A librarian by education and a web developer by trade, Cindy feels she should arrive at any gathering wearing

a sign that says, "Warning. At any moment may discuss history."

Senior Driving Safety

ON CAMPUS

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

Feeling intimidated on our roadways today? This class will review the newest laws, local roadway challenges, and methods to maintain our driving independence. Course completion will include a certificate to obtain an insurance discount. Materials to receive an insurance discount will be available at the first class session for \$15.

Kay Bakke has been a certified driver education instructor during her teaching career, periodically teaching behind-the-wheel and classroom courses to teenagers for the past forty years. She enjoys driving and making numerous cross-country road trips and also enjoys helping others maintain driving independence.

Times of Turmoil: Passage of the Civil and Voting Rights Acts

ON CAMPUS

1:00-3:00pm

The struggle for the Civil and Voting Rights Acts was long and bloody, but with perseverance, patience, television, faith, and political pressure, they were passed in 1964 and 1965. In honor of the 60th anniversaries of the passage of these acts, this class will review their historical background, the events leading up to their passage, the leaders of the movement, what the acts say, how they changed America, and what is happening now.

Heather Sweetland has led classes covering law, history, and literature in the past ten years. She enjoys learning with University of Seniors members.

Book (recommended, not required):

His Truth Is Marching On: John Lewis and the Power of Hope, by Jon Meacham, ISBN 9781984855039

Ukraine and the Cossacks

ON CAMPUS
1:00-3:00pm

With Ukraine in the headlines every day, how much do you really know about the country, the people, and their history? Would current events make more sense if you knew more? In multimedia presentations and films dramatizing the various subjects, this class will attempt to glean facts, details, and data about Ukraine that are interesting and entertaining.

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

Vietnam: Stories from the Homefront

ON CAMPUS
1:00-3:00pm (1st 4 weeks)

This class will join together veterans who may wish to share dialogues or reflect on war experiences and non-veterans who wish to learn about war conflicts and share stories they've heard through discussions with friends and family. This is a reflection and discussion group.

Dan McClelland is a retired landscape designer and has been a member of University for Seniors for fourteen years. Dan was in the US Army Engineers service training in Vietnam from 1968 to 1971 and has been in Duluth with his family since 1975.

Mike Keller is a retired mechanical engineer who served in Vietnam from 1969 to 1970 as a supply officer with the 101st Airborne Division.

Book (recommended, not required):

The Vietnam War: An Intimate History, by Geoffrey Ward and Ken Burns, ISBN 9781524733100.

Lunch in the Park

OFF CAMPUS
1:00-3:00pm (2nd 4 weeks)

This group will "do lunch" and get acquainted with some restaurants in Duluth's Canal Park. Participants can look forward to hearing from owners/managers of four establishments about running a food business in this "park." And, of course, we'll explore the food offerings at each

venue. It's a "going Dutch" affair, but we can get creative in sharing menu selections. **LIMIT 15**

Margaret Cleveland is an active University for Seniors member and has been a Duluth resident for over fifty years. She began the lunching event in 2017.

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.

"How Can They Be so Blind?" Exploring America's Political Divide

ON CAMPUS
9:00-11:00am

Curious about the wild political scene in the United States over the past ten years? (Twenty years? Fifty years? Two hundred years?) This class will explore some fundamentals of human thought such as perceptual bias, avoidance of uncertainty, and the use of mental models to make sense of a complex world. We'll talk about key thinkers in America's ongoing give-and-take between economic priorities and humanist values. We'll consider the influence of social changes in demographics, Supreme Court composition, legacy and social media, and concerns about voter fraud and voter suppression. We'll pay special attention to the influence of the radical right and Donald Trump's efforts to tear down public trust in democratic institutions in favor of autocratic

rule and how the resulting anger has led to mean-spirited scapegoating and alternate realities. Finally, we'll explore how we can tone down the fear and anger and begin to talk and listen to each other with curiosity and respect.

Mark Hummel is not an expert on this topic but is curious and interested in exploring it with others. He has a liberal worldview. His background is in natural resource policy and management. Now retired, Mark worked for the USDA Forest Service for thirty years in Nevada, Southeast Alaska twice, Arkansas, Wisconsin, and Minnesota.

Geology Rocks!

ONLINE

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

Join us to explore general geology topics, local geology, and interesting or unique global geologic topics. Topics including igneous, sedimentary, and metamorphic rocks; minerals, crystals, agates, and zeolites (thomsonite); mineral collection; geologic features including folds, faults, and jointing; geologic time; glaciers; volcanoes; earthquakes; plate tectonics; fossils; dinosaurs; asteroids; and extinctions. Class will include an optional half-day geologic field trip to examine local geology.

Karl Everett is from Duluth and has over forty years of experience as an engineer, geologist, and environmental consultant, and he is a rock and mineral hobbyist and collector. He has a M.S. degree in mining engineering from the University of Idaho and a B.S. degree in geology from the University of Minnesota.

Book (recommended, not required):

Roadside Geology of Minnesota, by Dr. Richard W. Ojakangas, ISBN 9780878425624

History, Legacy, and Importance of African Heritage Gospel Music

ON CAMPUS

11:30am-1:30pm

Trace the history of African-American gospel music from its origins in the American South to its modern origins in 1930s Chicago and into the 1990s mainstream and beyond. Participants will explore different types of

music groups and have the opportunity to view statewide African-American gospel artists and the work they are doing in Minnesota and across the world. Primary focus will be on the four major historical eras from which African-American gospel music developed: the Slave Era, Reconstruction, the Great Migration, and the Civil Rights Era. If time permits, important reading material will be explored from various authors on the topic.

Henry L. Banks is a longtime Duluth resident and community leader originally from the Kansas City, Missouri area. He is founder and was the first co-chair of the 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 entitled *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:

Gospel Music: An African American Art Form, by Dr. Joan Rucker-Hillsman, 2014, ISBN 1460232208. The book can be found online at lower costs.

Peoples on the Move

ON CAMPUS

11:30am-1:30pm

Every family history includes some migration stories. Participants will be invited to look at their own migration stories and also be introduced to historic and present-day migrations, some chosen and some forced. As a class, we will be learning together and from each other. **LIMIT 20**

Charlotte Frantz is a retired minister of the United Church of Christ. She has been active in the Twin Ports' Interfaith Committee for Migrant Justice and the Welcome Circles at Peace Church. In retirement she has looked at some of her own family settler history.

Books (recommended, not required):

Each member of the class is invited to read one of the following as background to class discussion:

- 1) *Healing Haunted Histories*, by Ellen Enns and Ched Myers, ISBN 9781725255357

- 2) *Refugee*, by Alan Gratz, ISBN 978054588003U
- 3) *The Warmth of Other Suns*, by Isabel Wilkerson, ISBN 9780679444329
- 4) *Everyone Who Is Gone Is Here*, by Johnathan Blitzer, ISBN 9781984880826
- 5) *Shame and Endurance*, by H. Henrietta Stockel, ISBN 9780816526147

Community Connections: Resources We Can Use

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

This class will feature a different organization and presenter each week, sharing information about the various senior-related programs, services, and support they offer to older adults in Duluth and surrounding communities. Agencies represented will be the Arrowhead Area Agency on Aging, Age Well Arrowhead, The Senior Linkage Line, and The Lighthouse Center for Vital Living.

Laurie Berner, who worked over four decades in human services, will facilitate the class. Through her work, she knows first hand the value of having critical knowledge of community resources that are available to increase and improve our quality of life.

Mysterious World of Arthur C. Clarke

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

This class is the follow-up to the class that was offered in Winter 2025. It will cover such topics as monsters of lakes and lochs, animals that are extinct (or are they?), the disappearance of Malaysia Flight 370, dragons and giant snakes, unusual things that fall from the sky, huge figures cut into the landscape, ball lightning, boulders that move by themselves, and other strange things in the sky. 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.

Steven Coz is a retired attorney with an eclectic range of 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

Opera: Tragic Love Stories

ON CAMPUS
2:00-4:00pm

Participants will view four full-length operas with the theme of tragic love stories. All four are among the most popular in the entire operatic repertoire and will be shown with English subtitles. Those shown will be Verdi's *La Traviata*, Bizet's *Carmen*, and Puccini's *La Boheme* and *Madama Butterfly*. Some background information will be included, and classroom discussion will be encouraged.

Jay Amato is a retired physicist and software engineer. Late in life, perhaps as a sign of approaching senility, he developed a previously unsuspected love of opera.

Humanizing Incarceration

ON CAMPUS
2:00-4:00pm

Fascinated with criminal justice? Do we know and understand the complexities of the humans in the system? Throughout this class we will put human faces on those incarcerated, understand how we got here as a society, explore our justice system and alternatives, and discover how we can improve such situations as individuals and broader society.

Kathryn Bell is an ordained Presbyterian minister and has served as the Chaplain at the St. Louis County Jail for four years. It's her favorite job ever. In her free time she plays with yarn and pets, reads frivolous books, and still wonders how she can help make the world a better place.

American Film Institute's 100 Greatest Films

ON CAMPUS (1st 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. Spring term films are *The Lord of the Rings: The Fellowship of the Rings* (2001), *Nashville* (1975), *Sullivan's Travels* (1941), and *Cabaret* (1972).

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.

Beginning Disc Golf

**ON CAMPUS (2nd four weeks)
2:00-4:00pm**

Learn to play disc golf at UMD! Participants will meet in the classroom each week for instruction and videos and then head outside for an hour on the UMD course. This is a fun, leisurely course, great for all ages. Learn about the basic rules of the game, throwing technique, disc choice, equipment, etiquette, and Professional Disc Golf Association (PDGA) competition. Wear comfortable, active shoes.

LIMIT 20

Maija Jenson (PDGA #39112) has played disc golf for thirty years for fun and competition. She is ranked thirty-sixth in the world for FP50 (Female Pro 50+) and, after playing seven tournaments in 2024, earned a Pro division invitation to Masters Worlds 2025 in July. Maija currently teaches journalism in the Communication Department at UMD and is the former director at KUMD Radio. She looks forward to sharing her love of the game.

Note: There is a free online PDGA rule book that can be reviewed. Discs will be provided the first week, but class attendees will then be encouraged to purchase a disc or two for themselves at Dick's Sporting Goods or Play it Again Sports after they learn in class what to look for. Discs cost \$10-20..

WEDNESDAY

The Importance of Words in American and World History

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

Words that are positive, uplifting, and inspiring have influenced millions throughout history. Participants will examine these words and seek to understand how they helped shape history. We will consider the words of Franklin Delano Roosevelt, "The only thing we have

to fear, is fear itself" and how these words influenced public opinion. Be willing to share your favorite words.

Marv Heikkinen is a former social studies teacher and world traveler. He hopes that you will attend and share your opinions and experiences. Marv believes that we can learn from one another and looks forward to doing so during this class.

The History of Mathematics

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

This class will trace the five-thousand-year history of mathematics. We will pursue its origins from Ancient Egypt and Mesopotamia through the Golden Age of the Greeks, the fall of Rome, the Dark Ages, and its rebirth during the Renaissance. Come with paper and pencil in hand!

Tim White is a retired mathematics instructor who taught high school math for thirty-eight years at local high schools. He has also taught College in the Schools courses for UMD and Lake Superior College. He received his master of education degree from UMD in 2000.

Let's Keep It Simple: Let's Talk Nutrition

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

This class is designed to help participants make their own nutrition decisions. Feedback and questions from members will help guide each session. Keep it simple; you can make small changes today.

Gary Johnson has over forty-five years of experience and study. He holds a doctorate of chiropractic (1980). He is a certified biofeedback specialist and supervisor (2006-present) and board certified in clinical nutrition (2009-present).

Cocktail Economics

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

Be prepared to learn enough economics to be able to understand and add to friendly conversations with non-specialists, for example, at a cocktail party. We will start

with some basic terms and ideas and move to some more specific areas such as how to combine capitalism and socialism, jobs of the future with some specific issues, money and banking, and income and wealth inequality.

John Bobbitt received a Bachelor of Science from MIT and a PhD from Purdue in applied mathematics. He spent thirty years as a research geophysicist in the oil industry and served in several geotechnical and engineering work groups.

What the %#*& Is a Supply Chain?

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

The popular press frequently refers to issues with supply chains, assuming the average citizen understands what a supply chain is and how it works. This class introduces the concepts, functions, processes, and objectives of logistics and supply chain management activities, including procurement, manufacturing, transportation, and logistics. During this class we will discuss the history of supply chains and supply chain management. We will learn how supply chains work and why they break. Key elements that drive the management of today's supply chains such as bullwhip effect, just-in-time delivery, lean manufacturing, inventory management, total cost, and in-transit visibility will be examined. The complex global nature of supply chains will be explored using games, models, video clips, and other methods of engaged learning.

Richard Dow Stewart, Ph.D., CTL is a professor emeritus of transportation and logistics at the University of Wisconsin Superior. He was a licensed Master Mariner and commanded ocean vessels. He managed a fleet of vessels valued at \$500 million and has been a Wisconsin small business owner. He was a captain, USNR. Dr. Stewart taught undergraduate and graduate courses at universities for over thirty-five years. He has been the principal investigator for over \$11 million in research grants with extensive publications and presentations. Among Dr. Stewart's awards are the Wisconsin Board of Regents Excellence in Teaching award and the U.S. Merchant Marine Outstanding Achievement award, the nation's highest

peacetime merchant marine medal. He is active in professional organizations and is a member of several boards.

International Folk Dancing

ON CAMPUS
11:30am-1:00pm

Dancing is an excellent activity for both the body and the brain. Physical activity protects the brain, learning lets it grow, socialization helps it thrive, and, most of all, it is fun. Dance to music from many countries. All are welcome to join, and no partners are needed.

Kathleen Haney has danced with the Duluth-Superior International Folk Dancers for many years.

Aviation History

ON CAMPUS
11:30am-1:30pm (7 weeks)

This class will be a survey of flight from early dreams and myths of flying, through the invention of the airplane and aviation developments in World Wars I and II. Participants will learn how modern airline transportation was developed and conclude with the aerospace age of rocket development and landing on the moon.

Jerry Sandvick is History Professor Emeritus with over thirty years of teaching and a former department chair and Dean of Liberal Arts at North Hennepin Community College. He has taught several University for Seniors classes over the past years and has authored several articles on early aviation in the Minnesota Historical Society. Jerry is also the author of the book *Minnesota Aviation History 1856-1945*.

The Great Gatsby at One Hundred: Celebrating—and Analyzing—a Classic

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

F. Scott Fitzgerald's *The Great Gatsby* was first published on April 10, 1925. It was not a bestseller. In fact, in the last year of his life (1940), Fitzgerald earned just \$13.13 in royalties from it and his other books combined, and it (and its author) seemed destined to plunge into complete obscurity. Since then, however,

THURSDAY

The Great Gatsby has become one of the most widely read and studied novels in the world. What happened? In recognition of this great book's centennial, let's discuss its themes and style and examine the history of the novel's reception. What about it has fascinated so many people? How does it still speak to us after one hundred years? Join us to explore the answers to these questions and others!

Deborah Schlacks is Professor Emeritus of English at the University of Wisconsin-Superior. She is a Fitzgerald scholar (and fanatic) who has published a book and several journal articles on the author. Her latest article, forthcoming in the *F. Scott Fitzgerald Review*, concerns Fitzgerald's short story "The Ice Palace" as an example of "Minnesota Gothic." She is also looking forward to attending the F. Scott Fitzgerald Conference this summer to celebrate *The Great Gatsby's* centennial in the city of its setting, New York.

Book:

The Great Gatsby, by F. Scott Fitzgerald, edited by James L. W. West III, ISBN 9780743273565

NOTE: This novel is also widely available online at no charge on websites such as *Project Gutenberg*, *Internet Archive*, and *SparkNotes*.

Wines of the World**ON CAMPUS****11:30am-1:30pm (2nd three weeks)**

What are the differences in the same grapes grown in different regions? Why can wine be \$5 a bottle, or \$500? Let's discuss! This class will cover grape varieties, geography, winemaker influences, and international tendencies of wine. The final class will meet at the Duluth Tap Exchange, where wine will be paired with spices from The Spice and Tea Exchange in Lincoln Park.

NOTE: There will be a fee of \$25 for people coming to the tasting event.

Dennis Theilke was the fine wine brand manager for Johnson Brothers Liquor for eight years. His portfolio consisted of 489 suppliers that represented over twenty-five thousand items. A certified wine and spirits specialist from the Society of Wine Educators, Dennis has been fortunate to host many wine events sharing experiences with top chefs from Northern Minnesota and beyond.

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.

Sax-Zim Bog: The Land, The People, The Birds, and The Orchids**ON CAMPUS****9:00-11:00am (1st four weeks)**

The Sax-Zim Bog is a large and somewhat unexplored area just northwest of Duluth. This class will learn about the geologic history of the bog and its location. We'll look at the people who have tried to settle the bog and in many cases failed. Thousands of birders and photographers visit the bog each winter to view special bog birds, but there are also lots of other animals hanging out in the bog. In the summer, the bog is alive with an array of native wild orchids, other flowers, and critters that thrive in this undisturbed wetland. Join us as we explore this amazing place that is just up the road.

Rubin Stenseng, a Minnesota Master Naturalist volunteer for over eighteen years, has extensive experience working with many nature-related organizations and many citizen science initiatives. Almost a decade on the Board of Friends of Sax-Zim Bog has given him a broad understanding of the bog. His special focus is on searching for, finding, and sharing information about native wild orchids.

Tech Tips to Make Life Easier

ON CAMPUS

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

Do you have questions regarding your personal tech device? Are you looking for ways to use technology to make your life easier? If you answered yes, this class is perfect for you! We will have an open Q&A session alongside tech tips to make life easier. This class is perfect for participants with any level of tech experience.

Andrew Weisz is a twenty-eight-year-old business owner in Duluth who loves technology, traveling, marketing, and more. He owns Finden Marketing, a full-service marketing agency in Duluth, as well as the three Chilly Billys in town.

Becoming A Birder

ON CAMPUS

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

It can be daunting to think about getting into birding, but, with a little bit of knowledge, it's much easier to begin! This class will introduce you to where to bird in the Northland; migration and natural history/phenology of the birds who live here; how to choose and use binoculars, bird books, and birding apps; and backyard bird feeding tips and ethics. We'll end the class with a morning of birding in the Bagley Nature Area, weather permitting.

Julie O'Connor holds a degree in outdoor recreation and environmental education and was the naturalist, volunteer coordinator, and director of operations at Hawk Ridge Bird Observatory for eleven years. Julie has lived, worked, and birded in northern Minnesota all of her life.

Phone Photography

ON CAMPUS

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

Do you want to take your phone photography to the next level? This informal, hands-on, collaborative class will introduce you to key (and easy to learn!) principles of photography that will move you from basic point-and-shoot pictures to ones that will have your family and friends saying, "Wow! How did you do that?!" Each class session will begin with brief

demonstrations of different photography principles and techniques. Participants will then experiment with applying these lessons, coming together to share their results and give each other feedback. This class is appropriate for beginner-through intermediate-level aspiring photographers using any type of phone. Each participant will need a cellphone to take photos. **LIMIT 16**

Helen Mongan-Rallis is a retired UMD Associate Professor of Education and an avid amateur photographer. She loves combining her shared passions for photography and teaching, especially working with seniors who are eager to learn how to use their phones to take and share photos with family and friends. You can see some of Helen's photography on Instagram at @hrallis

A Discussion of Consequences of Capitalism: Manufacturing Discontent and Resistance

ON CAMPUS

11:30am-1:30pm

This class will be a discussion of lectures by Marv Weatherstone and Noam Chomsky published as *Consequences of Capitalism: Manufacturing Discontent and Resistance*. This book consists of the lectures for a class they co-taught at the University of Arizona, and those lectures will form the basis of our class discussions. **LIMIT 20**

Hal Moore has been deeply interested in the questions and issues raised in these lectures/readings for over fifty years. They provide him with an opportunity to discuss these issues with others. Coming from a religious background, Hal sees the questions posed as having a religious/ethical dimension. For example, why does a person find themselves hungry or homeless? Why are there masses of people at our border? Why do we have forever wars, and who and what do they destroy? And why are these and other critical issues disconnected in the public mind?

Book:

Consequences of Capitalism: Manufacturing Discontent and Resistance, by Noam Chomsky and Marv Weatherston, ISBN 9781642592634

NOTE: There are many suggested readings for each chapter at the end of the book.

Safe Boating

ON CAMPUS

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

This class is designed to provide essential knowledge and skills for safe and responsible boating. Participants will learn about navigation rules, safety equipment, emergency procedures, and local boating regulations. Whether you're a novice or an experienced boater, this class will ensure you're well-prepared to enjoy the water safely.

Rena Navarro owns Lake Superior Captain's Academy, where she teaches U.S. Coast Guard (USCG)-approved masters classes, in Superior, Wisconsin. She is also a USCG licensing specialist, helping mariners receive, upgrade, and renew their licenses. Rena is a mom and has an unhealthy love of old boats, both of which take up most of her free time.

Cosmic Adventures

ON CAMPUS

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

Learn how the sky works and identify favorite spring constellations and bright planets. Special topics include the northern lights (on Earth and elsewhere!), the Milky Way, and how stars made life possible. One of the four classes will be held at the Marshall W. Alworth Planetarium. We'll also spend 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* he started in 2008 and has authored four books, including his most recent, *Magnificent Aurora* (2024).

Creative Writing

ON CAMPUS

11:30am-1:30pm (2nd 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.

Exploring Emily Dickinson's Poems

ON CAMPUS

2:00-4:00pm

Even those familiar with just the usual anthology poems by Emily Dickinson recognize the unique quality of her writing. In this class we will explore a wide selection of her more than seventeen hundred poems, poems often difficult, oblique, enigmatic, brilliant, and startling. Prepare to be puzzled at times as well as awed. Members of the class will choose some of the poems we explore. We will use a simple kind of "close reading" method that will allow us to build understanding and appreciate the verbal textures and intricacies that demonstrate Dickinson's stature as the greatest American poet.

Tim Blackburn has taught English at several colleges and three college-prep high schools. He has directed nearly fifty plays, including four operas. He reads and thinks about poetry every day. He is from Duluth and glad to be back.

Book:

The Complete Poems of Emily Dickinson, edited by Thomas H. Johnson. ISBN 0316184136

NOTE: There are many used copies of this book available, and most of Dickinson's poems can be found online.

Great Books: Great Conversations

ON CAMPUS
2:00-4:00pm

This class will read and discuss works of fiction and poetry from western civilization. Writers include John Donne, Nikolai Gogol, Fyodor Dostoevsky, Edgar Allan Poe, Herman Melville, and Christina Rossetti and from the Bible. No special background is required beyond an interest in reading and discussing. **LIMIT 16**

Bonnie Lloyd is a retired teacher and therapist who loves the opportunity to interact with others who like to discuss ideas in a supportive group.

Book:

Great Conversations 2, Great Books Foundation, ISBN 9780945159483

NOTE: The book is required. You can order it from the Great Books Foundation or find it used on sites such as *Amazon*.

Senior Perspectives

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

Join this participant-driven discussion group that encourages all attendees to contribute. Topics discussed will be determined by the class members. Recent periodical articles and world events, general concepts, and personal reflections/observations are all potential ideas for discussion. Political and/or polarizing topics will not be pursued or condoned. **LIMIT 14**

Roger Amborn has been a member of the University for Seniors for over ten years. He has led several classes in that time and enjoys helping the program succeed in any way he can. Roger earned a Bachelor of Accounting degree from UMD in the last century and has not applied it in any of the aforementioned classes.

Spring Walks and Hikes

OFF CAMPUS
2:30-4:30pm (six weeks beginning April 10)

"In just spring, when the world is mud-luscious and puddle-wonderful..." (E. E. Cummings).

We will do our best to enjoy April and May mud and puddles with walks and maybe hikes. Spring weather is unpredictable, but the plan is that participants will walk along the lake and the bay and then head inland and upland as the ground dries. We will stop along the trails to enjoy signs of spring in the Northland. **LIMIT 30**

Suzanne Griffith has been a resident of Duluth for over thirty years and has been a member of University for Seniors for the last seven years. She has enjoyed playing in the outdoors, especially on walks and hikes, for over seventy-five years.

FRIDAY

Challenges for Democracy

ON CAMPUS
9:00-11:00am

This class will examine the ideal of democracy and discuss the challenges that democracies face, both in the United States and worldwide. We will consider how to support and nurture democracy in our era of dark money, disinformation, and unchecked inequity. The class will also explore the "guardrails" of democracy: attitudes, traditions, and standards of behavior that enable democracy to thrive. Participants will improve their understanding of democracy and the conditions necessary for its continuation.

Charles Gessert, MD, MPH, served as Senior Research Scientist in the Essentia Institute of Rural Health in Duluth from 2000 until his retirement in 2013. His research interests included a wide range of clinical and public health issues: end-of-life decision-making; the use of feeding tubes in advanced dementia; and improvement of our understanding of the normal lifespan. He is currently active in teaching, local community action, and advocacy for health care reform. He amuses himself by planting trees and researching local craft beers.

Book (recommended, not required): *Democracy Awakening: Notes on the State of America*, by Heather Cox Richardson, ISBN 9780593652985.

Cryptocurrencies

ON CAMPUS

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

What is a cryptocurrency (such as Bitcoin), and why is there so much excitement in financial circles about all of the different cryptocurrencies? Although there have been many documentaries produced discussing Bitcoin and other cryptocurrencies at a very high level, they fail to convey a real understanding of cryptocurrencies. This class will provide a description of how cryptocurrencies can be used for both legitimate and illegitimate purposes, as well as a technical description of "how it works."

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 courses on cryptocurrencies in the Southern Oregon University OLLI program.

Get It Together: Organize Your Records so Your Family Won't Have To

ON CAMPUS

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

The intended outcome of this class is implementing a system for organizing all of your important documents and other important information for the time when someone may need to manage your affairs if you are incapacitated or manage your estate after you die. When you "get it together," you will have organized your bank records, credit cards, secure places and passwords, past/present employment records, insurance policies, real estate records, tax records, retirement accounts, estate planning documents, funeral and burial arrangements, and more.

Rev. Bradley Jenson, a former parish pastor, is a certified financial planner at Lake Superior Financial Services, Inc. in Duluth. He has co-authored four books, including *Join the Longevity Revolution: A Guide for Financial*

Advisors and Their Clients (foreword by Dr. Joseph F. Coughlin, Director of the MIT AgeLab).

Book:

Get It Together: Organize Your Records so Your Family Won't Have To, by Melanie Cullen with Shae Irving, J.D., ISBN 978141332995

NOTE: Please bring the book to each class meeting.

Watercolor Experiences

ON CAMPUS

9:30-11:30am

This is a class for beginners, those at the intermediate level, and anyone who just wants to get together to paint. The weekly sessions consist of a demonstration, a time for questions, and personal paint projects touching on the principles of art, with guest artists sharing their work. Basic watercolor supplies are required. **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 from over fifty years of experience and hopes painting becomes an inspiration and a refuge for participants as it has in her life.

Hiking I

OFF CAMPUS

9:30-11:30am

Explore the many trails in the Duluth area. Participants determine the pace of walking. Some set out on a brisk walk; others take their time. All are welcome. The trails and walkways we choose will be dictated by what nature allows us in the spring. Easy hikes on paved or smooth paths will be included. There will be options for shorter distances for most hikes.

Roger Amborn has been a member of the University for Seniors for over ten years. He has led several classes in that time and enjoys helping the program succeed in any way he can. He is always up for a walk or hike that no longer includes a golf ball.

Annette Ouelette has been a participant in University for Seniors for four years. She is a lifelong Duluth resident and enjoys hiking the local trails.

University for Seniors

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Spring Term 2025 | March 24 - May 16, 2025

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IMPORTANT INFORMATION

**Priority Registration Ends
Sunday, February 23, 2025!**

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

Save the date for the following orientations:

Members: Monday, March 10, 2025

Class Assistants: Wednesday, March 12, 2025

Class Leaders: Thursday, March 13, 2025

All orientations will be held in Kirby
Plaza 309 beginning at 10:00am.

Contact Us: 218-726-7637

EMAIL: usask@d.umn.edu

WEBSITE: university-seniors.d.umn.edu

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FIND IT INSIDE. FIND IT FAST!

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