

Spring 2024

HAPPENINGS

April 1, 2024 - May 24, 2024



CALENDAR HIGHLIGHTS 2024

PRIORITY REGISTRATION AND SCHOLARSHIP DEADLINE IS MARCH 1, 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).

FEBRUARY

5 2nd 4-Week Winter
Term Classes Begin

28 Winter Luncheon

MARCH

1 Spring Priority Registration
& Scholarship Deadline

1 End Winter Term
Tues-Fri Classes

4 End Winter Term
Monday Classes

25 Member Orientation,
10:00am, Griggs Center

29 Zoom Refresher, 1:30pm, online

APRIL

1 Spring Term Begins

29 2nd 4-Week Classes Begin

MAY

22 Spring Luncheon and
Annual Business Meeting

24 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.*

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.

4/08/2024 Robots and Services for Elderly Individuals - Presenter: Arshia Khan

4/15/2024 Agate Acres Farm - Presenter: Emily Richey

4/22/2024 Sustainability Reporting - Presenter: Bruce Busta

4/29/2024 World Travels - Presenter: Matthew Allison
Note location change - UMD Garden Room

5/06/2024 Grand Boat Adventure - Presenter: Kay Klein Libby

5/13/2024 Bosnia and Croatia - Presenter: Melanie Shepard

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 hub's Green Book for reviews of the movie that is showing each week.

Bridge

Fridays | 12:00pm | Kirby Plaza 303

Love to play bridge or eager to learn? Bridge players meet Fridays at 12:00pm in Kirby Plaza 303. Whether an experienced player or a beginner, you will be welcomed and accommodated.

ZOOM

University for Seniors recognizes that our membership may not be familiar with Zoom and would like to provide a small summary of its capabilities.

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, PowerPoint presentations, or informal discussions.

To view a Zoom informational session from December 2022, please visit our website: university-seniors.d.umn.edu.

WELCOME TO THE UNIVERSITY FOR SENIORS,

COURSES

Spring term consists of forty-five classes with seven online and three off-campus. The variety offered is sure to spark your interest, from a wide array of historical topics to regional culture and current events. You may want to learn the art of phone photography, cooking with spices, watercolor painting, or creative writing, or test your knowledge of geology, the early years of television, or birding in the Northland. Physical fitness offerings of hiking, folk dancing, Tai Chi and resistance training will keep you fit and active. There is something for everyone!

Registration is online with payment by card or check. If you registered for program Fall or Winter terms, you simply need to sign into your account on the membership page to get started. If you are using our online registration for the first time, you will begin by creating a new account. Term membership rates are \$140 for current members and \$70 is an introductory rate for first-time members.

A Registration Help Guide is available in this catalog to help you get started. 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>**.

Please consider attending the member orientation held on campus in Griggs Center on Monday, March 25, 2024, at 10:00am. Whether you are a new or returning member, we welcome you to attend!

We look forward to seeing you soon!

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

REGISTRATION TIPS:

Registration must be received by March 1, 2024, to be considered priority. General registration and refund request deadline is April 5, 2024.

- Each member needs to create their own individual account through our registration website.
- Do not register for two classes occurring at the same time.
- Prioritize your requested classes any time during the priority registration period. Once you've purchased your membership and requested your classes, go to "My Account" and click "My Priorities."
- You can reorder your priorities any time before the priority registration deadline.
- 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.

Confirmation emails will go out shortly after the close of priority registration. If you do not have an email address, contact the US Program Office for assistance. If you have any questions, please contact the office at **218-726-7637**, or email **usask@d.umn.edu**.

SPRING TERM 2024: 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

9:00am

- Epic Engineering Failures
- Six Queens: Henry VIII's Wives But So Much More
- "Fun"damentals of Phone Photography (1) (online)
- Interesting Geology of the Lake Superior Region (2) (online)

1:00pm

- A Survey of the History of Duluth
- Margaret Atwood in the Wilderness
- Senior Perspectives (1)
- Lunch in the Park (2) (off-campus)

TUESDAY

9:00am

- Tai Chi
- Times of Turmoil, Legislation for Change
- The Great Escape to the West 1944-45 (1)
- The Power of Health and Wellness Influencers in Social Media (2)

11:30am

- Post Civil War History 1865-1920
- Project 562: Changing the Way We See Native America, Part 2 (online)
- Spices, Veggies, Sauces, Desserts, and More (1)
- South Africa (2)

2:00pm

- American Film Institute's 100 Greatest Films
- Prisoner of the Caucasus (1)
- Passages to India: Walt Whitman and E.M. Forster (1)
- Creative Writing (2)
- Introduction to Railroads: Real and Miniature (2) (online)

WEDNESDAY

9:00am

- Rethinking Christian Traditions
- "Newspaper" Science and Technology (1)
- Exploring the Duluth-Superior Harbor, Part 2 (1)

- Zoom into Spanish (2) (online)
- Collision Avoidance for Experienced Drivers (2)

11:30am

- International Folk Dancing
- From Rabbit Ears to Color TV: Exploring the Early Years of Television
- Exploring Poverty Together (1)

THURSDAY

9:00am

- Tai Chi
- In Their Own Words: Veterans' Stories (1)
- A Beginner's Guide to Birding in the Northland (2)
- The Way of a Ship: Life in the Merchant Marines (2)

9:30am

- Resistance Training for Seniors: Circuit Training for Balance, Mobility, & Strength (1)

11:30am

- Documenting Design and Designers, Part 2
- State Parks of North Central Minnesota (online)
- Local Housing Perspectives & Initiatives (1)
- Cosmic Adventures (2)

2:00pm

- Exploring Equity: Anti-Racism
- *Great Books*: Classic Readings for Discussion
- Public Media: Behind the Scenes (1)

2:30pm

- Hiking II (2)

FRIDAY

9:00am

- Democracy Awakening
- Prohibition and the Legalization of Marijuana

9:30am

- Wonderful Watercolor
- Hiking I

MONDAY

Epic Engineering Failures

ON CAMPUS

9:00-11:00am

Things don't always go according to plan, and history is filled with epic disasters that resulted in significant cost or loss of life. The class leader will use his own expertise and experience to explain the causes of and lessons learned from some of the failures highlighted in *The Great Courses* presentation titled *Epic Engineering Failures and the Lessons They Teach*.

Mike Keller is a retired professional engineer with experience in the pharmaceutical and aerospace industries. Licensed to practice as an engineer in seven states, he has both operational experience as a facilities engineer and management experience as an engineering project manager and consulting engineer.

Six Queens: Henry VIII's Wives But So Much More

ON CAMPUS

9:00-11:00am

This class will take a look at the lives of the six Queens of England before, during, and after each of them became a wife of the infamous Henry VIII. "Divorced, Beheaded, Died, Divorced, Beheaded, Survived" is a rhyme known by all British school children. The real stories of these women are less known and more fascinating.

Cindy McLean is a great lover of British history and has led many classes on Tudor, Medieval, and Early Modern England for the University for Seniors. She is a librarian by education and a long-time retired web designer by vocation. Cindy feels that giving and taking US classes and being in the US community add an important, enriching, and invigorating piece of her life.

"Fun"damentals of Phone Photography

ONLINE

9:00-11:00am (1st 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. Participants will need a cellphone to take photos and a computer (desktop or laptop) to participate in the Zoom class sessions. **LIMIT 12**

Helen Mongan-Rallis is a retired UMD Associate Professor of Education and an avid amateur photographer. She loves combining her 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: [instagram.com/hrallis/](https://www.instagram.com/hrallis/).

Interesting Geology of the Lake Superior Region

ONLINE

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

Explore basic Geology 101, geologic occurrences, and rock formations in Minnesota and the Lake Superior region. These include the North Shore Volcanics and Duluth gabbro intrusions, Archean age granites and Ely greenstones, iron formations, Cretaceous fossils and dinosaurs (Hibbing), evidence of asteroid impacts, and the glacial geology of the Lake Superior region. A field trip will tentatively be held toward the end of the term.

COURSES

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

Book (Recommended): *Roadside Geology of Minnesota*, by Dr. Richard W. Ojakangas, ISBN 9780878425624.

A Survey of the History of Duluth

ON CAMPUS

1:00-3:00pm

With a focus on cultural, economic, and political events, including outside forces that shaped Duluth, this class will be broken into periods of time that had major impacts on how Duluth became the city it is now. Participants are encouraged to share their experiences and insights as they lived through different periods of Duluth's history.

Steven Reycroft graduated from UMD with a BA in history and has maintained his passion for history throughout his life. After retiring from the pharmaceutical industry, Steven recently returned to Duluth and is looking forward to participating in University for Seniors.

Margaret Atwood in the Wilderness

ON CAMPUS

1:00-3:00pm

Explore the work of this premier world writer, focusing on short stories and the author's essays on Canadian literature. Among the salient questions of the class are the following: 1) What does wilderness mean from a Canadian perspective? 2) How has Atwood contributed to contemporary short story writing? and 3) Why is Atwood considered one of the most astute observers of culture and modern history? **LIMIT 18**

Susan Maher, Professor of English at UMD, has published widely on the literature of the American and Canadian West. She is a Fellow of University of Minnesota's Institute on the Environment and a Fellow of the Center for Great

Plains Studies (University of Nebraska-Lincoln).

Books:

1. *Wilderness Tips*, by Margaret Atwood, NY: Anchor Books, 1998, ISBN 9780385491112.
2. *Strange Things: The Malevolent North in Canadian Literature*, by Margaret Atwood, NY: Oxford University Press, 1996, ISBN 9780198119760.

Senior Perspectives

ON CAMPUS

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

Senior Perspectives is a participant-driven discussion group where participation by all attendees is strongly encouraged. Topics discussed are determined by class members, along with general concepts, world events, or personal reflections. Political or polarizing topics will not be allowed or pursued. **LIMIT 16**

Roger Amborn has been an active member of University for Seniors for over ten years. He has led a few classes in the recent past and enjoys helping make the University for Seniors program a success in any way he can, including recruiting many friends and relatives. Roger earned a BA degree in finance from UMD many decades ago and, so far, has not used his degree in any of his classes.

Judd Johnston is a retired general pathologist who spent his career involved in the traditional sciences. At the same time, however, events have challenged his concepts of knowledge, truth, nature, etc. Judd has learned immensely from others discussing these ideas.

Lunch in the Park

OFF CAMPUS

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

This social group will "do lunch" to get personally acquainted with four restaurants in Duluth's Lincoln Park. We'll hear from owners/managers to learn about running a food business in this rapidly growing part of Duluth. And, of

course, we'll explore regular and special offerings at each venue. We'll be going "Dutch," but we can get creative about 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.

Times of Turmoil, Legislation for Change

ON CAMPUS
9:00-11:00am

The years 1963-1965 were a time of civil unrest. They witnessed acknowledgment of social problems in the United States and the passage of significant legislation to address civil and voting rights. This class will take a deep dive into the events of the mid-1960s that shaped our country, including race riots, peaceful demonstrations, voter registration drives, and the political processes involved.

Heather Sweetland has led many classes over the past ten years on subjects from the legal field and crime to history and literature.

The Great Escape to the West 1944-45

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

In the aftermath of the Baltic States' 1941 conquest by Stalin, thousands of people from Estonia, Latvia, and Lithuania were deported to Siberia and disappeared into the Soviet Gulag system. Towards the end of World War II and ahead of the second occupation in 1944, thousands fled to the West. Using two books of historical fiction by Ruta Sepetys, *Between Shades of Gray* and *Salt to the Sea*, we will explore the history of the Baltic States under the USSR beginning in 1941.

Sabine Bartholdt is a retired social studies teacher who taught in Duluth for seventeen years and abroad for ten years. She is passionate about history, politics, travel, hiking, and coffee.

Books:

1. *Between Shades of Gray*, by Ruta Sepetys, 2011, ISBN: 9780141335889
2. *Salt to the Sea*, by Ruta Sepetys, 2016, ISBN: 9780141347400

The Power of Health and Wellness Influencers in Social Media

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

Expand your knowledge and understanding of health and nutrition through exploring the ideas of popular top-rated influencers and content creators who use powerful platforms such as Podcasts, YouTube videos, Instagram, and Facebook to shape our thoughts about health and wellness. Consider what content is provided, what promises are made, and how well reality meets the hype. And, as always, we will sprinkle in some current topics and research findings.

Pam Roline is a retired registered licensed dietitian with more than twenty-six years of clinical nutrition experience with mature adults. She is passionate

about health, wellness, and lifelong learning.

Post Civil War History 1865-1920

ON CAMPUS

11:30am-1:30pm

Many fail to realize how dynamic the period after the Civil War was. This class examines the improvements in transportation, communication, and production that were made possible by new inventions of the nineteenth century. The class will also discuss the Progressive Era, which addressed and helped to correct social inequities.

Kathy Rous is a longtime member of University for Seniors who has an interest in history and has led several history classes in the past.

Project 562: Changing the Way We See Native America, Part 2

ONLINE

11:30am-1:30pm

Created by Matika Wilbur, Project 562 is a multi-year national photography project dedicated to photographing over 562 federally recognized tribes, urban Native communities, tribes fighting for federal recognition, and indigenous role models in what is currently known as the United States. The result is an unprecedented repository of imagery and oral histories that accurately portrays contemporary Native Americans. Please join us in exploring Wilbur's work. The book content will be spread out between the Winter '24 and Spring '24 terms.

LIMIT 35

Liz Blue is a retired University of Wisconsin-Superior social work professor and interim dean who grew up in a blended Native and non-Native family. She is committed to supporting understanding of current and historical Native issues and the sharing of Native voices. Liz has been a class leader in University for Seniors for several years and has offered classes on many diverse topics, focusing on addiction, Native Americans' experiences and literature, and personal passions.

Book: *Project 562: Changing How We See Native America*, by Matika Wilbur, 2023; ISBN: 1984859528

Spices, Veggies, Sauces, Desserts, and More

ON CAMPUS

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

Take a look at the colorful variety of foods and array of cooking techniques and skills in the global kitchen. Learn together how to plan, prepare for, and enjoy creatively working in your own kitchen. This class will use *The Great Courses* series *The Everyday Gourmet: Rediscovering the Lost Art of Cooking, Cooking with Vegetables and Essential Secrets of Spices in Cooking*, as well as other resources.

Susan Halvorson has always loved to cook and continues to enjoy expanding her knowledge and skills in the kitchen. Her personal cooking goal is to serve healthy and delicious food.

South Africa

ON CAMPUS

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

To discover some of the history of South Africa, particularly as it relates to apartheid and Nelson Mandela's dedicated efforts at dismantling its rule, enroll in this class. Participants will also learn about Robben Island and the experiences of Mandela and other black political prisoners while they were held there.

Eddie Crawford retired as the assistant superintendent of the Duluth School District in 2015. He currently works part time as an instructor in the education department at UMD. Eddie enjoys traveling around the world.

American Film Institute's 100 Greatest Films

ON CAMPUS

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 include *Platoon*, *Fargo*, *Duck Soup*, *Mutiny on the Bounty* (1935), *Frankenstein*, *Easy Rider*, *Patton*, and *The Jazz Singer*.

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.

Prisoner of the Caucasus

ON CAMPUS

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

How much do you know about the Caucasus? Or of its people, history and culture? Would current events make better sense if you knew more? The strategically located, much disputed Caucasus is comprised of two continents, three seas, four countries, two territories, four major religions, and fifty-three languages in an area slightly larger than France. Alexander Pushkin, Leo Tolstoy, and other Russian authors created works titled *Prisoner of the Caucasus* which explore the relationship between rulers and indigenous people. In multimedia presentations dramatizing the various subjects, this class will attempt to glean facts, details, and data that are interesting and entertaining. You may already be familiar with the first prisoner of the Caucasus: Prometheus.

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

Passages to India: Walt Whitman and E.M. Forster

ONLINE

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

Two literary works with almost identical titles, an 1871 poem by a New York poet and a 1924 novel by a London author, should elicit good dialogue among class members. While both reveal similarities, the 50-year gap between them engenders significant distinctions

and evokes important considerations for us today.

Warren Howe has had a long career teaching writing and literature at secondary schools, colleges, universities, and overseas. He has continued this career during his twenty-plus years with the University for Seniors in Duluth.

Book: *A Passage to India*, by E.M. Forster, Dover Publications thrift softcover edition, ISBN 9780486835945.

Creative Writing

ON CAMPUS

2:00-4:00pm (2nd four weeks)

To have fun with writing is the emphasis of this class. 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. Share experiences with writer's block, and learn new ways to uncover ideas for writing.

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.

Introduction to Railroads: Real and Miniature

ONLINE

2:00-4:00pm (2nd four weeks)

By joining this introduction to railroads, you'll discover several actual railroads, how and where they operate, and what they look like. The remaining half of the class time will be dedicated to showing the same types of information about several scales of model railroads.

David Smith has been teaching online courses for nearly twenty years. He retired from Bemidji State University in 2015 and continues to teach online.

David has been a model railroader and real railroad aficionado for forty years.

WEDNESDAY

Rethinking Christian Traditions

ON CAMPUS

9:00-11:00am

Participants will discuss the book listed below and review talks from religious scholars of the Westar Institute on new research and understandings of the inherited knowledge of Jesus, the Christian tradition as a whole, and its relevance and irrelevance for today, including Christian nationalism.

Hal Moore is a long-time member of the Westar Institute, a forty-year-old organization for religious literacy in the public square. Westar is a collection of scholars and interested others whose research attempts to render Christian/religious understandings intelligible in today's world. Hal was once an ordained minister in the Presbyterian Church whose ordination was rescinded while he was teaching in Chicago's inner-city schools.

Book: *After Jesus Before Christianity: A Historical Exploration of the First Two Centuries of Jesus Movements*, by Erin Vearncombe, Brandon Scott, and Hal Taussig, for the Westar Christianity Seminar, ISBN 9780063062153.

"Newspaper" Science and Technology

ON CAMPUS

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

This class is designed for those who are interested in gaining a better understanding of the wonders of modern science and technology that impact our everyday lives. Topics include drugs, pharmaceuticals, and vaccines, medical diagnostics, genetic engineering, carbon capture, chemical toxicity, artificial intelligence, and more.

Robert Carlson is an emeritus professor in the Chemistry and Biochemistry Department at UMD. He is excited about bringing understandable science to

his fellow lifelong learners within the University for Seniors.

Exploring the Duluth-Superior Harbor, Part 2

ON CAMPUS

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

Learn about diverse aspects of the Duluth-Superior harbor, from industry and wildlife, to port and shipping operations. This class is facilitated by US member Mary Jackson, with speakers from the U.S. Army Corps of Engineers, Great Lakes Fleet, and Lake Superior National Estuarine Research Reserve, and will include a walking tour of the Fraser Shipyard.

Mary Jackson, who grew up on the lake and now lives on the Duluth-Superior harbor, will facilitate the class.

Zoom into Spanish

ONLINE

9:00-10:00am (2nd four weeks)

Anyone interested in continuing the study of Spanish at whatever level should join this class. Study to improve your Spanish language conversational skills, and enjoy others doing the same. Share in the exploration and fun. **LIMIT 12**

Anne Kucinski is a retired Duluth Public School Spanish teacher. She enjoys teaching and speaking Spanish.

Collision Avoidance for Experienced Drivers

ON CAMPUS

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

Enhance your ability to use and share the road safely. This class will include topics essential for all of us to maintain our driving independence and perhaps our adventurous spirit. Guest speaker Ann Forrest Clark, occupational therapist and driving rehabilitation specialist, will discuss potential vehicle modifications to prolong our safe driving. Participants may choose to pay an additional \$15 to receive a certificate for attending this eight-hour safe-driving course. Most insurance companies award a small

premium discount for two to three years.

LIMIT 20

Kay Bakke has been a certified driver education instructor during her teaching career, periodically teaching behind-the-wheel and classroom courses to teenagers. She taught the adult course for five years and enjoys helping others maintain their driving proficiency and safety for stressless enjoyment, adventure, and independence.

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.

From Rabbit Ears to Color TV: Exploring the Early Years of Television

ON CAMPUS

11:30am-1:30pm

Relive the Golden Age of television when television was in its infancy and childhood. Along with viewing clips of past TV programs, participants will consider the historical and sociocultural issues reflected in early TV programs. They will also have the opportunity to reminisce and share the impact of TV on their lives.

Judith Broman has taught a number of classes for University for Seniors, all outside of her professional field. She is a retired education specialist from UMD who watches surprisingly little TV but is very interested in the sociology of past decades.

Pat Michals is a retired advanced practice psychiatric mental health nurse and faculty member. She has taught two US mental health classes and, with

Judith Broman, co-facilitated Watching Television Come of Age (1940s--1960s) in Fall 2022. Pat enjoys doing the research for this class and reminiscing with others who grew up during the early years of television.

Exploring Poverty Together

ON CAMPUS

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

Participants will look at perceptions, definitions, causes, results, and ramifications of poverty, as well as what can be done about it. Areas of focus will include economics, health, education, housing, transportation issues, food deserts, and much more. **LIMIT 18**

Larry Johnson has a passion for justice and compassion for the needs of others.

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.

In Their Own Words: Veterans' Stories

ON CAMPUS

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

Viewing clips from the extensive oral history collection at the Richard I Bong Veterans Historical Center, participants will learn about veteran history from the

people who experienced it. With a focus on aviation in World War II, the topics of discussion will be the P-38 airplane and Richard Bong, the Tuskegee Airmen, the WASPs, and "flying the hump" in the CBI theater, as well as the fascinating stories of other local veterans. There will also be a special guest speaker, a Vietnam-era navy veteran who will talk about his experiences in the Brown Water Navy.

Briana Fiandt has her Master's Degree in Library Science with a concentration in archives. She currently works as Curator of Collections and Exhibits at the Richard I. Bong Veterans Historical Center in Superior, WI. In her role with the museum she manages the archives, library, and 3D collections and coordinates new gallery exhibits. Prior to her role at the Bong Center, she worked as a librarian/archivist at the Santa Fe Community College and as the Instructor Reserves Coordinator at the University of Wisconsin-River Falls.

A Beginner's Guide to Birding in the Northland

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.

The Way of a Ship: Life in the Merchant Marines

ON CAMPUS

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

Ships are essential for the transportation of 95% of U.S. exports and imports. Vessels also transport tens of millions of tons of domestic cargo on rivers and the Great Lakes. The class will start with an introduction into the multi-millennial history of shipping. We will discuss how ships are built and how they operate, and we will explore the lives of the mariners who serve on them. We will learn about economics and regulations and will explore the future of shipping.

Richard Dow Stewart is Transportation and Logistics Professor Emeritus. He taught undergraduate and graduate courses at universities for over thirty-five years, including at the University of Wisconsin-Superior, where he was Director of the university's Transportation and Logistics Research Center. He earned his Doctorate from the Lally School of Management at Rensselaer Polytechnic Institute. As a licensed master mariner, he commanded ocean vessels and managed a fleet valued at \$500 million. He has also been a Wisconsin small business owner, a captain in the U.S. Naval Reserve, and an investigator for over \$11 million in transportation research grants. Dr. Stewart has extensive publications and presentations and is active in professional organizations and on several boards of directors.

Resistance Training for Seniors: Circuit Training for Balance, Mobility, & Strength

ON CAMPUS

9:30-10:45am (1st four weeks)

This class will introduce seniors to the benefits of resistance training. Participants will be taught proper form and technique in a variety of resistance training exercises chosen to improve balance, function, mobility, and strength. Weekly workouts will be designed by the instructor with individualized small-group instruction provided by

UMD students majoring in Exercise and Rehabilitation Sciences. **LIMIT 16**

Dr. Charles Fountaine is the department head for UMD's Department of Applied Human Sciences. Dr. Fountaine is a professor in the Exercise and Rehabilitation Sciences program, where he teaches courses in research methods and the science of resistance training.

Documenting Design and Designers, Part 2

ON CAMPUS

11:30am-1:30pm

Deepen your understanding and appreciation of documentary film and fashion design with movies that do both. We begin with a second film on the life of *New York Times*' street photographer, Bill Cunningham, and then meet *Vogue*'s first Black fashion editor, Andre Talley. We end in a legendary retailer's designer showrooms with *Scatter My Ashes at Bergdorf's* and at *Vogue*'s gala annual fundraiser for the Met's Costume Institute in *The First Monday in May*. For fillers, we'll select four biopics of designers whose combined lives span a century: Coco Chanel, Edith Head, Yves St. Laurent, Halston, Alexander McQueen, and Marc Jacobs.

Clarice Roseen is an active University for Seniors member with an abiding interest in film and fashion.

State Parks of North Central Minnesota

ONLINE

11:30am-1:30pm

Get ready to explore some of the state parks of north central Minnesota. Participants will view the major attractions at each park, experience some of the trails and campgrounds, and learn about the history and culture of the parks. We will learn about the maps, checklists, and other resources available online and at each park for visitors with many types of interests.

Mary Durward has a degree in urban planning from University of Illinois. She worked as a city and regional planner

and technology project analyst for several public agencies and retired as the County Assessor for St Louis County. She is a member of the Minnesota State Park Passport Club and is working towards visiting each of the state parks and recreation areas.

Local Housing Perspectives & Initiatives

ON CAMPUS

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

Participants will explore homelessness, housing education and counseling services, local market and municipal efforts to develop more housing, and the affordable housing industry. Jeff Corey, of One Roof Housing, has provided the foundation for this class.

Jan Magree has facilitated a number of classes focused on current community issues and local agencies that work to find solutions to persistent problems. Jan is a former social worker and computer information group manager and retired as a trainer for the online medical record system known as EPIC.

Cosmic Adventures

ON CAMPUS

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

Learn sky basics along with the spring constellations and planets. Special topics include killer asteroids, nighttime photography with your smartphone, use of a stargazing app, and what makes the sun tick. One of the four classes will be held at the UMD Alworth Planetarium. We'll also spend an optional night out at the telescope observing the sky from near Hawk Ridge.

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

Exploring Equity: Anti-Racism

ON CAMPUS

2:00-4:00pm

In 1958, the Reverend Dr. Martin Luther King, Jr. wrote, "... history will have to record that the greatest tragedy of this period of social transition was not the strident clamor of the bad people, but the appalling silence of the good people." In this class we will be inspired and awed by the strength, wisdom, hard work, and perseverance of the human spirit to survive, and we will discover how our voices and presence can contribute to the important work necessary to move toward equity through anti-racist action. Participants will explore race, racism, and oppression of marginalized communities. Powerful (but brief!) readings, films/video clips, and active engagement will help frame our conversations on the impact of discrimination and on change that will make a difference. This class will include field trips where we will learn from local leaders as we experience the multicultural community in which we live.

Mary E. Lee-Nichols is Professor Emeritus of Teacher Education at the University of Wisconsin-Superior, where her work focused on preparing preservice teachers as anti-oppressive, antiracist educators. Her research calls attention to educational policies and practices that continue to reproduce social inequalities in classrooms. She is especially interested in the experiences of white teachers committed to understanding the impact of this complex and imbalanced system on students and families of color in predominantly white rural communities.

Great Books: Classic Readings for Discussion

ON CAMPUS

2:00-4:00pm

Participants will read and discuss works by Jonathan Swift, W.E.B. Du Bois, Walt Whitman, James Madison, Benjamin Franklin, and Adam Smith, and will finish with *King Lear*. This class is a celebration of the *Great Books* ideals: "...having reasoned discussions in which

all listen and contribute; and achieving the enrichment of lifelong learning."

LIMIT 16

Bonnie Lloyd is a reader with a wide range of interests who loves the chance to exchange ideas with other readers. She has been an enthusiastic participant in University for Seniors, where she has valued the camaraderie and joy of learning, for several years. She is a retired teacher and therapist.

Book: *Classic Readings for Discussion*, Great Books Foundation; ISBN 9781951782634

Public Media: Behind the Scenes

ON CAMPUS

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

Learning about the contemporary dynamics of public media is essential for those seeking to understand its resilience and relevance in today's media landscape. This class delves into the intricate balance between national and local content, showcasing how public media platforms effectively cater to diverse audiences. By exploring how these outlets extend their impact beyond local communities, participants will gain insights into the broader societal roles public media play, making it a crucial study for those interested in media, communication, and societal engagement.

Patty Mester and other presenters for this class come with 90 years of media experience, with the majority of that experience in public media, and bring an unparalleled wealth of knowledge and insight to this subject. Their extensive industry background enriches students' learning by providing historical context, practical wisdom, and a unique perspective on the evolution and enduring significance of public media.

Hiking II

OFF CAMPUS

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

Hiking II will feature a variety of trails located in and around Duluth. The hikes

will be selected for those who walk with ease as well as enjoy exploring the outdoors. Hiking poles may be recommended for some trails.

Julene Boe leads hikes on local trails and winter walks on water for University for Seniors. Julene loves exploring many of the wonderful hiking opportunities that Duluth has to offer.

FRIDAY

Democracy Awakening

ON CAMPUS
9:00-11:00am

"America is at a crossroads. A country that once stood as the global symbol of democracy has been teetering on the brink of authoritarianism. How did this happen?" In the opening sentences of *Democracy Awakening: Notes on the State of America*, noted historian and author of *Letters from an American* Heather Cox Richardson throws down the gauntlet: Here America stands or falls. It feels no less urgent or decisive than Martin Luther's iconic testament against his powerful accusers: "Here I stand; I can do no other." We will read and discuss the entirety of the book during the eight weeks of class. In addition, guest commentators and videos of interviews of the author will be included.

David Tryggstad is a retired Lutheran pastor, and, in retirement, a substitute church organist. He has taught ten previous University for Seniors classes, primarily on African-American literature.

Book: *Democracy Awakening: Notes on the State of America*, by Heather Cox Richardson, ISBN 9780593652961 (hardcover) or 9780593652978 (ebook).

Prohibition and the Legalization of Marijuana

ON CAMPUS
9:00-11:00am

Prohibition is a story of idealism, folly, and, above all, unintended consequences. We will view Ken Burns and Lynn Novick's

excellent documentary *Prohibition* and discuss how alcohol has affected the lives of Americans throughout our history. We will also discuss the desirable and undesirable consequences of the legalization of marijuana. Come prepared to share your thoughts on these controversial issues.

Marv Heikkinen is a retired social studies teacher and has taught and taken classes for many years in the University for Seniors program. He enjoys the lively discussions of classmates and the idea of learning from one another.

Wonderful Watercolor

ON CAMPUS
9:30-11:30am

Find joy in the adventure of watercolor. The goal of this class is to inspire watercolor artists at all levels and take them to the next level. Each session will have a short demo, a time to paint, and a time to share work as we focus on the principles of art and learn from our experience. All are welcome, including beginners and those who just like to get together and paint. Bring any basic supplies you may have.

Edna Blanchard learned artistic principles from great artists via workshops, books, and DVDs. Experience is a great teacher, and Edna continues to learn and share. She began with acrylic, switched to oils, and added watercolor to her interests.

Hiking I

OFF CAMPUS
9:30-11:30am

Explore the many trails in the Duluth area. Participants determine the pace of walking. Some go fast; others take their time. Whether speed-walking or strolling at leisure, all are welcome.

John Whelan is a graduate of Duluth Central with a long military career. He is a retired fighter pilot and airline pilot who has served in the US Air Force, Minnesota Air Guard, Texas Air Guard, and US Marine Corps.

University for Seniors

UNIVERSITY OF MINNESOTA DULUTH
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Spring Term 2024 | April 1 - May 24, 2024

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IMPORTANT INFORMATION

Priority Registration Ends 3/1/24!

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

Save the date for the following orientations:

- Members:** Monday, March 25, 2024,
at 10:00am - Griggs Center.
- Class Assistants:** Thursday, March 28, 2024,
at 10:00am in Kirby Plaza Room 309.
- Class Leaders:** Friday, March 29, 2024,
at 10:00am in Kirby Plaza 309.
- Zoom Refresher:** Friday, March 29, 2024,
at 1:30pm online. Link will be sent in
email to all registered members.
- 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!

CLASSES:	
Monday	5-6
Tuesday	6-9
Wednesday	9-11
Thursday	11-14
Friday	14-15
OTHER:	
Calendar	1
Journey Jargon/Lecture Schedule	2
US Special Interest Groups Open to US Members	2
Zoom	2
Registration Tips	3
University for Senior Members Letter ...	3