





Promoting vitality in later life

Fall 2024

### FROM THE PRESIDENT

By Barbara Keating

### Be Curious!

"I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift should be curiosity." Eleanor Roosevelt

A friend once told me that I am the most curious person he knows because I often ask questions. I remembered his comment at a recent Lifelong Learners presentation as I appreciated the questions and comments offered by a good number of attendees. Our presenters often compliment the quality and depth of our discussions. Who among your friends are the most curious? Please invite them to join Lifelong Learners. Thank you for sharing your curiosity!

## **HISTORY OF MANKATO AREA LIFELONG LEARNERS - PART 2**

In 2013 the council members recognized a need to recruit younger members. They appointed a committee which organized a focus group comprised of people nearing retirement. They found that this younger group preferred presentations to be scheduled during the evenings rather than in the early afternoon. They were interested in tours of local spots of interest and in offerings on conservation and wildlife and music and art. They were much less interested in antiques, poetry and literature, and arts and crafts.

In 2015 there were over 200 active members, and a website and face book page supplemented the quarterly newsletter for communication. Classes were still organized as quarterly "presentations" and the Great Decisions Program had become an important learning opportunity for members. For a short time, membership was extended to adults over 50. A partnership was temporarily established with Gustavus Adolphus College in 2015. A new logo (the owl) was introduced, and the organization celebrated its 20-year anniversary in 2016.

Membership dropped during the pandemic but has been increasing in the past two years. Once again there is a need to recruit younger members to the organization and its leadership team. Currently, the presentations and free activities have expanded to include several topics and social activities. There is hope that more special events can be offered with additional volunteers and improved finances. The Council members encourage input and volunteer involvement and will work with other senior organizations to create an age friendly community.



#### WELCOME NEW MEMEBERS! WE LOOK FORWARD TO MEETING YOU!

Jane Bovard Claudia Cooper Clint Firstbrook Candace Jensen Richard Liebendorfer

#### SPECIAL EVENTS - FALL 2024

#### **GUSTAVUS NOBEL CONFERENCE 2024**

The Gustavus Adolphus College Nobel Conference 60, "Sleep, Unraveled," will be held Tuesday and Wednesday, October 1–2, 2024, at Christ Chapel. The lectures and panel discussions will be available for viewing online without cost or preregistration. If you plan to attend the free conference in person, please register using the registration form found on the Gustavus nobel conference information link below.



There will be limited reserved LL group seating. If you would like to sit near other LL members, please call or send Colleen a note by September 16th at (507) 389–2011 or e-mail: <u>LifelongLearners@mnsu.edu</u>. Please let her know if you are registered.

When you arrive at the conference and check in at the lobby at Christ Chapel, please tell them you are with the Lifelong Learners group, and someone will direct you to our reserved seats. They have also arranged for reserved lunch seating. Doors will open at 8:30 am both days. For more information go to: <a href="https://gustavus.edu/events/nobelconference/2024/">https://gustavus.edu/events/nobelconference/2024/</a>.

#### SIP AND CHAT

#### Fall/Halloween Afternoon Tea

You are invited to join your Lifelong Learner friends for a Special Tea on Wednesday, October 30, 2024, 2:00–4:00 pm at the Curiosi–Tea House, 1745 Commerce Drive, North Mankato, MN. Our Afternoon Tea (sometimes called High Tea) will feature five Fall/Halloween themed savory/sweet foods and two kinds of tea. Included foods would be spiced scones with jam, assorted savory puff pastries, cucumber and cream cheese sandwiches, spiced apple shortcakes and Chai Bars. Hot teas include Rooibos vanilla chai herbal and a pumpkin spice tea. Please call the Lifelong Learner's office (389–2011) by Monday, October 28 to reserve your spot. You may pay \$15 at the Tea. House.





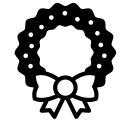
#### **GREAT COURSES**

Coming this fall and winter: The Life and Art of Vincent van Gogh

**Presenter:** Steve Gilbert **Time:** Tuesdays 2:00 – 4:00 pm **Dates:** November 5 – January 21 (no meeting on Dec 24) 11 sessions total.

You are welcome to join even if you cannot attend all sessions.

Location: Pathstone Latitude, 115 Rogers Street, Mankato



#### **HOLIDAY LUNCHEON PARTY**

The annual holiday luncheon for Lifelong Learners members and guests will be December 12, 2024, at the Mankato Golf Club. Watch for additional updates in your e-mail.



# SENIOR TRIPS-MANKATO AREA PUBLIC SCHOOLS COMMUNITY ED

Guthrie Theater - "A Christmas Carol" will be on December 11, 2024. Go to: link.mnsu.edu/a-christmas-carol

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## **FALL QUARTER 2024 PRESENTATIONS**

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

## #1: Monday, October 7<sup>th</sup>, 2 - 4 p.m. – Green Burials: A New Look at an Old Tradition

There is an increasing interest by the public in alternatives to more traditional burial and cremation practices. Joel Rimstad, founder of Evergreen Burial Company, will discuss Green Burials and compare them with more traditional funeral practices.

Presenter: Joel Rimstad has educational and professional experience in mortuary science.

Location: Pioneer Bank, 1450 Adams St, Mankato Sponsor: Greg Suskovic

### #2: Thursday, October 17<sup>th</sup>, 2-4 p.m. — Health & Beauty Secrets of the Past

Lydia Pinkham's Compound, crushed beetles, and arsenic complexion wafers are just a few of the questionable substances used by women in the past. Find out which have stood the test of time, and which are extremely dangerous! Are consumers being duped by questionable products?

Presenter: Susan Hynes makes learning about history colorful and engaging by performing as a costumed historical interpreter. She frequently volunteers at the historic Hubbard House in Mankato. Over the past twenty or so years you may also have seen her at any of the following: Betsy-Tacy Society, Cox House in St. Peter, Waseca Historical Society, Chaska History Center, LeDuc Estate in Hastings, History Fest at Jack McGowan's Farm, Friends of the Boy in Blue Civil War Symposium, or the Cannon Old West Society.

Location: Pioneer Bank, 1450 Adams St, Mankato Sponsor: Tricia Nienow

## #3: Thursday, October 24<sup>th</sup>, 2 – 4 p.m. — A Visit with Thomas Jefferson

Thomas Jefferson was author of the Declaration of American Independence and the Statute of Virginia for Religious Freedom, father of the University of Virginia. (He didn't consider being President worth mentioning – he referred to it as "a splendid misery"). He was also a lawyer, natural scientist, applied mathematician, agronomist, inventor, architect, moral philosopher, linguist, amateur musician, and gourmet. As a lifelong slave owner, he worked throughout his life to end that institution and failed – both in the civic arena and in his own affairs. Join Tony Filipovitch as he portrays Jefferson, offering some of this renowned and multi-talented character's thoughts on democratic government, civil society, and public service. Dr. Filipovitch will conclude by making himself available for questions and conversation.

**Presenter: Tony Filipovitch:** Tony Filipovitch, Ph.D., retired MSU professor, has been re-enacting Thomas Jefferson for over 30 years.

Location: Bethlehem Lutheran, 720 S. Second St. Mankato-Heritage Room Sponsor: Anne Fletcher

# #4: Tuesday, October 29<sup>th</sup>, 1 - 3 p.m.— Service and Sacrifice: The WWII Military Intelligence Experience

From 1944 to 1946, Minnesota was home to the Military Intelligence Service Language School (MISLS) that trained mostly Nisei (Japanese American) soldiers to serve as linguists during World War II. These Nisei men and women served their country, while also fighting prejudice at home. Join Peggy Doi and Karen Tanaka Lucas of the Twin Cities Japanese American Citizens League to hear about their fathers' lives (Saburo Bill Doi and Walter Tanaka) and experiences in military service.

Presenters: Karen Tanaka Lucas and Peggy Doi

Location: Pathstone Latitude, 115 Rogers Street, Mankato Sponsor: Steve Gilbert

## #5: Monday, November 4th, 2 - 4 p.m. — Who Will You Believe? Me or Your Lying Eyes?

Dr. Alexander Kovic will give a talk about the pitfalls of eyewitness testimony and false memories.

Presenter: Dr. Alexander Kovic PsyD, LP is a licensed psychologist practicing at HealthPartners in Minneapolis. He splits his practice between general mental health and specialties in sex therapy and gender affirming care. He has a BA in Criminal Justice with a certificate as a paralegal from Hamline University, a Master's in Forensic Psychology from Argosy University and a PsyD from the Minnesota School of Professional Psychology. He is the author of numerous articles and book chapters on sexual health and gender diversity.

Location: The Pillars, 3125 Prairie Rose Drive, Mankato Sponsor: Greg Suskovic

# #6: Tuesday, November 5<sup>th</sup> - January 21<sup>st</sup> 2 - 4 p.m. --The Life and Art of Vincent van Gogh 11 sessions total (no meeting on December 24); You are welcome to join even if you cannot attend all sessions.

Vincent van Gogh is one of the most widely recognized, and one of the most widely misunderstood, artists of the modern world. What was the secret of his amazing output — over 800 paintings in less than a decade? How did he arrive at such a deeply individual and expressive style of art? Did he really commit suicide? The centerpiece of this course will be 15 lectures (each 20-to-30 min long) from the Great Courses In the Footsteps of Vincent van Gogh. The course has 114 reviews, 110 of which are 5-Star. Lectures will be supplemented by material from YouTube including: a 3-part BBC documentary, virtual museum tours; analyses of individual paintings; and explorations of van Gogh's mental illness. At the end of the course we will watch a remarkable and visually stunning 2017 Oscar-nominated feature film, Loving Vincent, which examines the circumstances of his 1890 death.

**Presenter**: Retire Psychologist **Steve Gilbert** minored in art history as an undergrad; his senior thesis was a psychological study of Van Gogh. Steve has long been interested in Vincent's life, personality and art. In preparation for facilitating this course he is reading the most recent biography of van Gogh, 2011's 976-page Van Gogh: The Life by Steven Naifeh & Gregory White Smith.

Registration Fee: Free for Gold Members. \$20 for entire course for Silver Members.

Location: Pathstone Latitude, 115 Rogers Street, Mankato Sponsor: Steve Gilbert

## #7: Monday, November 11th, 2 - 4 p.m. - Asset Preservation in Estate Planning

Protecting your assets with proper estate planning is more than simply creating a Will or Trust. It involves organizing and coordinating the ownership and distribution of your assets so that your wishes regarding the distribution of your property will be accomplished.

In this presentation, Mankato Estate Attorney Steve Fink will address the components of asset preservation including a detailed approach to proper estate planning, the use of a Will or a Trust, the importance of a thorough asset review, ownership of those assets and beneficiary designations.

Presenter: Steve Fink began his law career at a general practice law firm in 1986. He served as assistant city attorney for several municipalities before joining the Farrish Johnson Law Office in 1997.

Steve focuses his practice primarily in the areas of estate planning, real estate, and business formation. Steve is a native of Mankato. He received his undergraduate degree from St. John's University, Collegeville, MN in 1983, and his law degree from Hamline University School of Law, St. Paul, MN in 1986.

Location: Pathstone Latitude, 115 Rogers Street, Mankato Sponsor: Steve Gilbert

## #8: Monday, November 18th, 2 - 4 p.m. — Famous Trials: The Congdon Murder Trial

On June 27,1977 Elisabeth Congdon, heir to the Congdon family fortune, was found brutally murdered along with her night nurse at the Glensheen Mansion in Duluth. The investigation would lead to the arrest of Elisabeth's daughter Marjorie Congdon Caldwell along with her second husband Roger Caldwell. What would appear to be a strong circumstantial evidence case against both would result in the conviction of Roger, but the acquittal of Marjorie, in one of the most bizarre and yet most famous Minnesota criminal cases ever tried. This lecture will follow the investigations of both Roger and Marjorie, their trials and the head scratching outcome of each case.

Presenter: James Fleming practiced law in Minnesota for 35 years before his recent retirement, 22 of those years as a public defender. He served as the chief public defender for the 15 counties of the Fifth Judicial District in southwest Minnesota, based in Mankato, and later for the Second Judicial District (Ramsey County).

Location: Pioneer Bank, 1450 Adams St., Mankato

Sponsor: Larry Nicol

## #9: Thursday, January 16th, 2 - 4 p.m. — What's Funny About Aging? Part Two

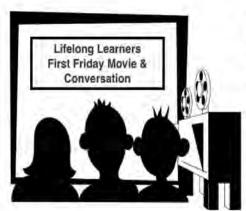
Bring your sense of humor! Again! Linda Good will share more gems from her extensive collection of entertaining memes, cartoons, and short videos on getting older and the aging process. We can laugh because we can relate to the issues whether presented in jest or satire, are silly or insightful, witty or droll. A collection of humorous and affirmative memes and short musical videos about aging will be presented and used to facilitate discussions about both the joys and challenges of aging.

**Presenter: Linda Good** is a retired MSU professor of early childhood education and human relations. She is a quilter, an avid reader and recently completed her bucket list goal of traveling around the world. She currently facilitates the VINE Memoir Writers' Group. She is a frequent presenter at VINE and other local venues.

Location: Pathstone Latitude, 115 Rogers Street, Mankato Sponsor: Steve Gilbert



## Free Activities for All Members of Lifelong Learners



## First Fridays Movie & Conversation

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

## **Upcoming movies:**

October 4: The Mauritanian (2021)

November 1: Run, Boy, Run (2013)

December 6: Ex Machina (2014)

December 20: A Child's Christmas in Wales (1987) & A Christmas

Memory (1997)

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

**Lunch, Dining, and Sip & Chat** meet monthly at local restaurants. All members are welcome to participate! Watch your emails for dates and times to join fellow members and their guests for food, fun, and lively conversation. **Sip & Chat at the Curiosi-Tea House will be on October 30th.** 

Our **Bridge** and **500** card groups meet at the WOW Zone on the third Monday of each month at 1 p.m. and 1:30 p.m. respectively. If you'd like to participate in either of these groups, please contact the office.

Enjoy one or both of our **Book Clubs.** New members are always welcome. Contact the office.

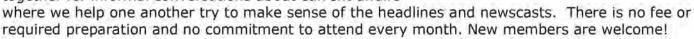
Book Marks reads fiction and meets monthly on fourth Wednesdays.

**History & Science** Book Club reads non-fiction and meets at 2 p.m. quarterly on second Thursdays. **Dec 12**: Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History by S.C. Gwynn

**Coffee & Current Events** meets via Zoom on the fourth Friday of each month from 10:00 to 11:30 a.m. For the fall:

October 25 November 22 December 27

This monthly discussion group, hosted by Steve Gilbert and Georgia Holmes, is a welcoming place for members to come together for informal conversations about current affairs



To sign-up and receive the Zoom link for the next meeting, simply send an email to coffeeandcurrentevents@gmail.com.



Contact the office to get it started. Email <u>LifelongLearners@mnsu.edu</u> or call (507)389-2011



#### 2024 FALL REGISTRATIONS & MEMBERSHIP FORM

		bership: \$35/year - Presentations \$5 each bership: \$140/year - Presentations included	Registration prior to attendance requested.  Non-member: Presentation \$10	
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City/S	tate/Zip:			
200			e:Birth Year	
			Annual Membership Fee (s)	
MBR	MBR 2	PRESENTATIONS - \$5 each - *EXCEPTION: \$20 FOR SERIES #6		
□ 1:	□ 1:	Monday, October 7 – Green Burials: A New Look at an Old Tradition		
□ 2:	□ 2:	Thursday, October 17 – Health & Beauty Secrets of the Past		
□ 3:	□ 3:	Thursday, October 24 – A Visit with Thomas Jefferson		
□ 4:	□ 4:	Tuesday, October 29 - Service and Sacrifice: The WWII Intelligence Experience		
□ 5:	□ 5:	Monday, November 4 – Who Will You Believe? Me or Your Lying Eyes?		
□ 6:	□ 6:	*Tuesdays, November 5 <sup>th</sup> – January 21 – The Life of Vincent van Gogh No Individual Session Registrations. \$20 for the Entire Series of 11 Presentations		
□ 7:	□ 7:	Monday, November 11 – Asset Preservation in Estate Planning		
□ 8:	□ 8:	Monday, November 18 – Famous Trials: The Congdon Murder Trial		
□ 9:	9: Thursday, January 16 – What's Funny About Aging? Part Two			
		Total Presentation Registrations *(\$5 Each Except: Presentation Series #6 is \$	20) Total Presentation Fees	

## Submit Registration form and payment to:

Mankato Area Lifelong Learners 129 Morris Hall, Mankato, MN 56001

-OR-

### For On-line Registration, go to:

link.mnsu.edu/III > Select 'View Membership & Registration' > then Select 'Registration'

Questions? Contact the office at (507)389-2011 or email: lifelonglearners@mnsu.edu

Tip: Wondering when your membership expires?

Check the address label on your newsletter mailing to find out!

link.mnsu.edu/lll 3

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#### **MARK YOUR CALENDARS:**

(Check your e-mail, Mankato Area LLL website, or current Facebook page for updates.)

**Gustavus Adolphus College Nobel Conference 60:** October 1-2, 2024 Christ's Chapel, Gustavus

**Fall/Halloween Tea:** October 30 2-4 pm Curiosi-Tea House

**Great Decisions:** Oct. 9, Pioneer Bank TBD

Nov.13, Pioneer Bank **Rick Olson** Understanding Indonesia

Holiday Luncheon: December 12, 2024 Mankato Golf Club

#### NOTE: PLEASE CONSIDER A GIFT OF YOUR TIME OR FUNDS TO HELP MANKATO AREA LLL GROW.

We are not alone: The 2024 Nonprofit Leadership Impact Study reports that many nonprofits across the country are experiencing both a shortage of volunteers and a decrease in donations. The Lifelong Learners Council is hoping to avoid raising membership fees next year by increasing fundraising. If you have some extra funds, please consider making a tax-deductible donation to Lifelong Learners. Make checks payable to Minnesota State University, Mankato Foundation, specify "Lifelong Learners" in the memo line, and send to: MSU Foundation, 126 Alumni & Foundation Center, Mankato, MN 56001. To make a tax-deductible online donation, go to https://engage.mnsu.edu/mall. For the QR code, see below. To volunteer, contact Colleen Fritz.

#### **OFFICERS:**

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<u>Secretary</u> Terry Salerno

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Harriet Plotz

Member At Large Mary Bliesmer Larry Nicol

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Dave Janovy
Rallah Madison

**Great Decisions**Georgia Holmes

Communications & Publicity

Presentations
Steve Gilbert

**Special Events** 

## SOCIAL GROUP COORDINATORS:

BOOK CLUBS:

BookMarks Iim Booker

History & Science
Steve Gilbert

<u>Bridge</u> Mary Bliesmer

> 500 Joan Stoll

Steve Gilbert & Georgia Holmes

# First Fridays Movie & Conversation

Steve Gilbert & Ron Yezzi

#### **DINING:**

**Dinner** Elizabeth Peters & Sarah Suskovic

<u>Lunch</u> Sue Howard

Sip & Chat Harriet Plotz

#### **OFFICE MANAGER**

Colleen Fritz 129 Morris Hall Phone: 507-389-2011 lifelonglearners@mnsu.edu

## NEWSLETTER EDITOR

Terry Salerno

#### **SCAN TO GIVE**



To remove your name from our mailing list, call 507-389-2011

