CALENDAR HIGHLIGHTS 2023-24

PRIORITY REGISTRATION AND SCHOLARSHIP DEADLINE: AUGUST 4, 2023
Registration Drop-in Days will take place from 8:00am-4:00pm in 502 Darland Administration Building on the UMD campus. Free parking is available during the summer in all White and Maroon Lots, as well as Pay Lot G.

JULY
11, 12  Registration Drop-In Days
18, 19  Registration Drop-In Days
25, 26  Registration Drop-In Days

AUGUST
1, 2   Registration Drop-In Days
4     Fall Priority Registration & Scholarship Deadline
24    Summer Picnic at Glensheen Mansion, 11:00am-1:00pm

SEPTEMBER
4     Campus Closed
11    New Member Orientation
14    Assistant Orientation
15    Class Leader Orientation
24    Zoom Refresher, 1:30pm, online
18    Begin Fall Term
18    US Fall Term Welcome Reception

OCTOBER
16    2nd 4 Week Classes Begin

NOVEMBER
8     Fall Luncheon
10    End Fall Term
14, 15 Registration Drop-In Days

DECEMBER
23, 24  Campus Closed
28, 29  Registration Drop-In Days

MARCH
1     Spring Priority Registration & Scholarship Deadline
1     End Winter Term Tues-Fri Classes
4     End Winter Term Monday Classes
25    New Member Orientation
28    Assistant Orientation,
29    Class Leader Orientation
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

NOTE: In-person registration support for Spring Term 2024 can be scheduled individually with the US Office through the months of February and March.

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.
Seating based on availability.

9/25/23  WLSSD - Virus Detection in the Waste Stream – Presenter: Ryan Ihrke
10/2/23  Robots and Services for Elderly Individuals – Presenter: Arshia Khan
10/9/23  Winter African Safari – Presenter: Eddie Crawford
10/16/23 John Blatnik & Swante Norlund: Behind Enemy Lines in WWII – Presenter: Briana Fiandt
10/23/23 Our Great American Parks – Presenter: Stephanie Pearson
10/30/23 Amazon and Caribbean Adventure – Presenters: Kris Curtis and Glenn Cavadel

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. Check classroom bulletin boards and announcements for information about the movie that is showing each week.

Bridge
Fridays | 12:30pm | Kirby Plaza 303
Love to play bridge or eager to learn? Bridge players meet Fridays at 12:30pm 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.
UNIVERSITY FOR SENIORS MEMBERS,

Welcome to the Fall 2023 term of the UMD University for Seniors (US) Program!

US members value the sense of community that comes with being active participants in the program. The Fall program has opportunities for everyone such as Mark Twain’s *Huck Finn* along with other classics, poetry, and sonnet classes to spark your writing and reading interest. Learn about history from World War II to Alexander the Great to more current issues facing Ukraine, Russia, and the Baltic States. The Journey Jargon and Lecture presentations are delivered hybrid and begin at 11:30am on select Mondays, and Friday Flicks and Bridge are available on Fridays at noon and 12:30pm, respectively.

With a US membership you can enroll in up to ten classes on a space-available basis and participate in all other US activities and events. Membership opportunities are either a single-term membership of $140 or a full-year membership for a discounted fee of $370 starting in the fall. Scholarships are available by contacting the US Program Office at (218) 726-7637 or by emailing usask@d.umn.edu.

We are very excited to launch a new registration system that has a variety of member benefits! One of which is the ability to create an individualized account to use for registration purposes that will also provide access to membership status, class schedules, and will hold your US Program history in one place. A Registration Help Guide is included in this catalog to help you get started. The priority registration period is extended to allow for members to have extra time to prioritize their class selections and reach out to the office if assistance is required.

Registration drop-in days are noted on the program calendar. Stop in - we are available to assist with setting up your account and helping you through the registration process. Please bring your personal device with you. If you are unable to attend one of the drop-in days, feel free to reach out and set up an appointment. Contact the US Program Office with any questions at 218-726-7637 or email usask@d.umn.edu. Visit our website for more information: https://university-seniors.d.umn.edu.

REGISTRATION TIPS:

Registration must be received by August 4, 2023, to be considered priority. General registration and refund request deadline is September 22, 2023.

- Each member needs to create their own individual account through our registration website.

- Do not register for two classes occurring at the same time.

- If you are familiar with our previous registration format, members needed to “rank” their classes, with number one being their top choice, up to ten classes. You can do this anytime during the priority registration period once you’ve purchased your membership and requested your classes by going to “My Account” and clicking “My Priorities.”

- You can reorder your priorities anytime 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.
**Happenings**

**MONDAY**

**Mark Twain and *Huck Finn*: American Originals**

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

This class will incorporate everything from the previous *Huckleberry Finn* class and explore additional topics such as Mark Twain’s background and some of his non-fiction writings. The book will be examined as written with no expurgations, substitutions, or modifications.

**Stephen Welsh** has taught American literature for thirty years. He recalls Huck as his favorite teaching unit each school year, lamenting that the tale is again being subjected to undeserved hostility.

**Book:** *Adventures of Huckleberry Finn*, by Mark Twain, Dover Thrift Edition: Classic Novels, ISBN 0486280616

**The Philosophy of The Twilight Zone**

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

The show that frightened us as children with its macabre twists was actually a type of morality play. Each week, this class will watch two episodes of the original *Twilight Zone* addressing a similar theme.

**Cindy McLean** could not hear the familiar tones at the beginning of *The Twilight Zone* as a child without becoming terrified. It was not until re-watching the shows as an adult that she began to realize the messages embedded in the iconic show. With this class she is entering “a land of both shadow and substance, of things and ideas.”

**The Dionne Quintuplets: Miracle Birth and Melodrama of the ’30s**

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

News of the first known live birth of five babies (five identical girls) to a poor rural Ontario family enthralled and riveted the attention of North America and the world in 1934 and for years after. This class is a book study using *The Dionne Years by Pierre Berton*, an award-winning prolific Canadian historian, and museum information from the class leader’s travels.

**Carl Etter** has experience as a high school teacher of civics and history with a passion for geography and travel.


**What Makes a Sonnet a Sonnet?**

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

Participants will look at classic Petrarchan and Elizabethan sonnets as well as contemporary examples by poets such as Wanda Coleman, Natalie Diaz, Terrance Hayes, Tyehimba Jess, John Murillo, Marilyn Nelson, Patricia Smith, Diane Seuss, and others.

**Rebecca Foust** earned her Master of Fine Arts degree from Warren Wilson College in North Carolina in 2010 and was the 2017-19 Marin County Poet Laureate in California.

**History of the American City**

**ON CAMPUS**
1:00-3:00pm

Explore historical development and sociological and demographic changes of American cities. Topics include architecture, migrations, public transportation, culture, industries, and public education.

**Fred Friedman** is a 1969 UMD alumnus and has been a UMD adjunct Associate
Professor since 1975 and an attorney since 1972. He teaches a different class for University for Seniors each fall.

Beneficial Insects and Birds in our Yards and Gardens

ON CAMPUS
1:00-3:00pm (1st four weeks)
Many insect and bird populations are in decline around the world. This class will focus on butterflies, moths, and other beneficial insects and birds.

Pat Thomas has taught classes on insect gardening for three decades and loves to observe and take photos of them in Duluth and along the shores of Lake Superior.


The Ethics of Sustainability

ON CAMPUS
1:00-3:00pm (1st four weeks)
It is becoming clear that much more needs to be done in order to stave off the increasing threats of disasters created by climate change. We need to begin to see the interconnectedness of everything we do, from the built environment to creation of beneficial attitudes. Join us as we explore these ideas.

Robert Aho is an architect with a passion for sustainable design. He has degrees in anthropology, environmental design, and architecture.


Documenting Design: From Sidewalk & Showroom to Vogue & the Met

ON CAMPUS
1:00-3:00pm (2nd four weeks)
Follow fashion from its everyday incarnations to designer creations in Vogue to its collection and installation in the art galleries of the Met.

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

Carl Friedman’s Fiction

ONLINE
1:00-3:00pm
Participants will read several works of Carl Friedman and discuss each, aided by questions provided in advance by the class leader.

Warren Howe has had a long career teaching writing and literature at secondary schools, colleges, universities, and overseas.


TUESDAY

Zoom into Spanish

ONLINE
9:00-10:00am
Study to improve your Spanish language conversational skills, and enjoy others doing the same. Share in the exploration and fun.

Anne Kusinski is a retired Duluth Public School Spanish teacher. She enjoys teaching and speaking Spanish.
A History of World War II: How the Allies Won the War
ON CAMPUS
9:00-11:00am
This class looks at the origins of the war, the decisive turning point battles, the factors that account for the Allied victory, and how the war still impacts our lives.

Jerry Sandvick has taught several University for Seniors classes over the past years and is the author of several articles and two books, the most recent of which is World War II Shipbuilding in Duluth-Superior, published by Arcadia Press.

Navigating Food, Nutrition, and Science in the Media
ON CAMPUS
9:00-11:00am
Explore the realm of interpreting nutrition and health information in the media by using a variety of sources to learn how to evaluate, interpret, and determine what is credible, useful, and relevant in your personal nutrition journey.

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

Water 2.0
ON CAMPUS
11:30am-1:30pm
This class is a love letter to all those who work creatively to make Duluth a great place to live by embracing the big lake and the influence it has on our lives.

Tom Boman is a retired professor from UMD and has presented a wide variety of classes mostly dealing with climate change, energy, and planning.

Ukraine and the Cossacks
ON CAMPUS
11:30am-1:30pm
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.

America’s Great Trails
ON CAMPUS
11:30am-1:30pm (1st four weeks)
This class will view the DVD series America’s Great Trails and have discussions on the following trails: Pacific Crest, Hayduke, Pacific Northwest, Continental Divide, Great Allegheny Passage, and Appalachian.

Tim Sundquist has helped build several Minnesota hiking trails and has hiked in the states of Minnesota, Wisconsin, Washington, Arizona, and North Carolina.

The Great Escape to the West 1944-45
ON CAMPUS
11:30am-1:30pm (2nd four weeks)
Using two historical fiction books by Ruta Sepetys, Between Shades of Grey and Salt to the Sea, as the foundation for the class, we will explore the history of the Soviet occupation in the Baltic States and their precarious relationship with modern Russia.

Sabine Bartholdt is a retired social studies teacher and is passionate about history, politics, travel, hiking, and coffee.

2) Salt to the Sea, by Ruta Sepetys, 2016, ISBN 9780141347400
Genetics: The Study of Heredity and Medical Applications
ON CAMPUS
2:00-4:00pm
What started out as an experiment with hereditary traits of pea plants has blossomed quickly into a new field of medicine called molecular medicine. Innovative cancer therapies and genetic screening are changing the face of medicine. This class offers a brief review of this field and a short history of the topic.

Judd Johnston is a retired general pathologist who has been nominated repeatedly to receive the Nobel Peace Prize for Medicine (or so he claims).

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. Fall term films include The Manchurian Candidate, An American in Paris, Shane, The French Connection, Forrest Gump, Wuthering Heights, The Gold Rush, and Dances With Wolves.

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.

The Evidence for Modern Physics
ONLINE
2:00-4:00pm
This class will view selections from the Great Courses DVD series The Evidence for Modern Physics: How We Know What We Know. This will be supplemented with slides and discussion.

James Amato is a retired physicist and software engineer.

WEDNESDAY

Tai Chi
ON CAMPUS
9:00-9:50am
Tai Chi is a slow and 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.

Anita Campbell and Diane Oyler are retired educators. They are longtime University for Seniors members, and both greatly enjoy the beauty of Tai Chi.

Investigating the Wonderful Wee World of Doll House Miniatures
ONLINE
9:00-11:00am
The world of miniatures offers one fascinating adventure. This class will share the history of dollhouse miniatures, take participants to virtually visit famous examples, and examine dollhouse miniatures across time and countries.

Liz Blue is a retired University of Wisconsin-Superior social work professor who grew up in a blended Native and non-Native family. She has been a class leader in University for Seniors for several years and has offered classes on many diverse topics.

Exploring the Duluth Harbor
ON CAMPUS
9:00-11:00am (1st four weeks)
Learn about diverse aspects of the Duluth-Superior harbor, from industry to wildlife, to port and shipping operations. Facilitated by US member Mary Jackson, presenters include a Duluth Seaway Port Authority expert, a Natural Resources Research Institute (NRRI) avian ecologist, a Midwest Energy Resources coal operations expert and a ship photographer.
As “Plain as ABC”: Thomas Paine, Unyielding Champion of Equality and Reason

ON CAMPUS
9:00-11:00am (2nd four weeks)
Thomas Paine labored to communicate to everyone “in language as plain as ABC.” Join our journey exploring Paine’s complex and consequential life and work.

Richard Briles Moriarty is focusing his studies during retirement on his long-time fascination with Thomas Paine, after a forty-two-year legal career.

History and Culture through 1,000 Years of Cooking around the World

ON CAMPUS
11:30am-1:30pm
Learn about ancient through modern history and culture while taking in the Great Courses DVD series Cooking Across the Ages.

Mary Jackson enjoys global travel and trying new foods. She likes to cook and hopes to try some of the recipes covered in this class.

Uncovering the Secrets of the Internet

ON CAMPUS
11:30am-1:30pm (1st four weeks)
Join this fascinating class that explores the technology and various tools available on the internet for senior citizens. Participants will learn about the different tools and platforms available on the internet that can be used for communication, education, entertainment, and more.

Andrew Weisz is the CEO of Finden Marketing, a digital marketing agency based in Duluth. His specialty is teaching businesses the ins and outs of new school marketing, including social media, Google, and more.

Lunch in the Park

OFF CAMPUS LOCATIONS
11:30am-1:30pm (1st four weeks)
This social group will “do lunch” to get personally acquainted with four restaurants in Duluth’s Lincoln Park. We’ll be going “Dutch,” but we can get creative about sharing menu selections.

Margaret Cleveland is an active University for Seniors member and has been a Duluth resident for over fifty years.

Cosmic Adventures

ON CAMPUS
11:30am-1:30pm (2nd four weeks)
Learn sky basics along with the fall constellations and planets. Special topics include two upcoming solar eclipses, strange tales from the moon, the Northern Lights, and how to use a stargazing app.

Bob King 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.

Frederick Douglass and the Slave Narrative

ON CAMPUS
11:30am-1:30pm (2nd four weeks)
In this class, we will explore the slave narrative genre and Douglass’s memoir as a prime example of it. Participants are asked to complete readings for each class meeting.

Deborah Schlacks is Professor Emeritus of English at the University of Wisconsin-Superior.

THURSDAY

**A World of Poetry**
ONLINE
9:00-11:00am
This class will feature a close reading and discussion of poems written by a wide diversity of international writers. No prior knowledge of poetry is necessary.
*Tom Zelman* is Professor Emeritus of English at the College of St. Scholastica.

**Swedish Genealogy**
ON CAMPUS
9:00-11:00am (1st four weeks)
Locating genealogical records is challenging, but familiarity with one country’s archives can make branching out elsewhere easier because you learn what types of records might exist. Sweden’s orderly, logical, and abundant records can make your family tree grow quickly and suggest what you might look for in other regions.
*Joyce Peterson* is Swedish and Norwegian and started genealogical research in the days before online resources were plentiful. Joyce has identified nearly 9,000 names on her family tree with 8,000 of them being from Sweden.

**Edward Gibbon, The Decline and Fall of the Roman Empire**
ON CAMPUS
9:00-11:00am (2nd four weeks)
Explore and gain a better understanding about author Edward Gibbon (1737 - 1794) as revealed in his greatest work, *The Decline and Fall of the Roman Empire*.
*Tom Burns* is a retired Professor of Medieval History and Archaeology from Emory University.

**Resistence Training for Seniors: Circuit Training for Balance, Mobility, & Strength**
ON CAMPUS
9:30-10:45am
Participants will be taught proper form and technique in a variety of resistance training exercises chosen to improve balance, function, mobility, and strength.
*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.

**Life in the World’s Oceans**
ON CAMPUS
11:30am-1:30pm
With the help of PBS, *The Great Courses and YouTube* videos, this class looks at many forms of marine life and the issues currently facing them.
*Roger Amborn* earned a BA degree in finance from UMD many decades ago and, so far, has not used his degree in any of his classes.

**D. H. Lawrence Short Stories**
ONLINE
11:30am-1:30pm
Participants will look at several of D. H. Lawrence’s best works, along with excerpts from his non-fiction essays that set forth his philosophy of dark knowledge, a philosophy of connectedness that seems especially relevant today.
*Pat Hagen* is Emerita Professor of English at the College of St. Scholastica, having retired after twenty-eight years of teaching art, literature, and writing.

**Veggies: How to Prepare and Enjoy Them**

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

Learn more about preparing some veggies we know and some we don’t. This class will use *The Great Courses* series *The Everyday Gourmet: Cooking with Vegetables*.

**Susan Halvorson** has always loved to cook and loves to integrate vegetables as much as possible.

**Saving the Bison**

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

In the United States, by 1900, the passenger pigeon and the American bison were on their way to extinction. The last passenger pigeon died in 1914. The bison are still with us. Why?

**Craig Grau** taught political science at UMD for thirty-six years. He has researched and presented on the politics of saving the American bison.

**Great Books: Sound Bites: Big Ideas in Popular Music**

**ON CAMPUS**
2:00-4:00pm

Participants will read, discuss, and watch videos about a broad range of popular music, including essays on Johnny Cash, Aretha Franklin, Jimi Hendrix (by Sherman Alexie), the Shirelles, the Sex Pistols, Celine Dion (by Carl Wilson of the Beach Boys), and Toto, as well as Oliver Sacks on the neurobiology of music.

**Bonnie Lloyd** has been an enthusiastic participant in University for Seniors, where she values the camaraderie and joy of learning, for several years. She is a retired teacher and therapist.


**Tiny Habits® That Will Change Your Life!**

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

Tiny Habits® is a research-based way to create habits in your life. This method is a breakthrough because once you learn the Tiny Habits® method you can succeed without relying on willpower or motivation.

**Ann Dolence** is a Certified Tiny Habits® Coach and has trained hundreds of people in the Tiny Habits® method.

**The Wonderful World of Waste**

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

Western Lake Superior Sanitary District (WLSSD) staff will share insights on what happens to the waste that we throw in the trash, flush down the toilet, or send down the drain. Learn how beneficial bacteria use their superpowers to clean wastewater, make compost, and produce fertilizer and biogas.

**Dori Decker** is part of WLSSD’s team of environmental program coordinators who will lead this class.

**Hiking and History**

**OFF CAMPUS LOCATIONS**
2:30-4:30pm

This outdoor hiking group will feature a number of two- to three-mile hikes in Duluth, led by Julene Boe. They will be accompanied by Judy Gibbs, who will describe the natural and cultural history of Duluth’s parks and trails.

**Julene Boe** loves exploring many of the wonderful hiking opportunities that Duluth has to offer.

**Judy Gibbs** is a naturalist and historian who specializes in the natural and human features found along the trails of Duluth.
FRIDAY

The Four Threats to American Democracy and Backsliding
ON CAMPUS
9:00-11:00am
Based on Four Threats: The Recurring Crises of American Democracy by Suzanne Mettler and Robert C. Lieberman, this class will engage in a healthy discussion of each of the four threats as well as five critical periods in our American history when one or more of those threats put stress and strain on our ability to stay true to our democratic principles.

Dave Griffin is a retired teacher who continues to find joy in learning and, more importantly, in using his passion for teaching to repackage what he’s learned in a form that’s meaningful and relevant to others.

Alexander the Great
ONLINE
9:00-11:00am
Enjoy a brief exploration of Alexander the Great. Topics will include his campaigns, his character and the medieval legends that arose about him.

Stephanie Vega holds a Master of Arts in Classics (Latin and Ancient Greek) from Wayne State University.


Wonderful Watercolor
ON CAMPUS
9:30-11:30am
All are welcome, including beginners and those who just like to get together and paint. Bring any basic supplies you may have.

Edna Blanchard shares what she has learned from workshops, books, and experience since 1968.

Hiking
OFF CAMPUS LOCATIONS
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.
Priority Registration Ends 8/4/23!

Register Online at:  
https://university-seniors.d.umn.edu

Save the date for the following orientations:

New Members: Monday, September 11, 2023, at 10:00am in Kirby Plaza Room 309.

Class Assistants: Thursday, September 14, 2023, at 10:00am in Kirby Plaza Room 309

Class Leaders Friday, September 15, 2023, at 10:00am in Kirby Plaza Room 309.

Zoom Refresher: Friday, September 15, 2023, 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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