Winter 2024

HAPPENINGS

January 8, 2024 - March 4, 2024

CALENDAR HIGHLIGHTS 2023-24

PRIORITY REGISTRATION AND SCHOLARSHIP DEADLINE IS DECEMBER 1, 2023
Registration Drop-In Days will take place from 8:00am-4:00pm in 502 Darland Administration Building on the UMD campus.

NOVEMBER

8 . . . . Fall Luncheon, 12pm, Kirby Ballroom
10 . . . . End Fall Term
14, 15 . . Registration Drop-In Days, 8am-4pm, 502 Darland Administration Building
23, 24 . . Campus Closed
28, 29 . . Registration Drop-In Days, 8am-4pm, 502 Darland Administration Building

DECEMBER

1 . . . . Winter Priority Registration & Scholarship Deadline
5, 6 . . Registration Drop-In Days, 8am-4pm, 502 Darland Administration Building

15 . . . . Zoom Refresher, 1:30pm, online
25, 26, 27 . . . . Campus Closed

JANUARY

1 . . . . Campus Closed
8 . . . . Begin Winter Term
15 . . . . Campus Closed

FEBRUARY

5 . . . . 2nd 4-Week 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
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. Seating based on availability.

1/8/24  An Introduction to the Sax-Zim Bog
        Presenter: Clinton Dexter-Nienhaus

1/22/24  Skyline Parkway: State Scenic Byway
         Presenter: Dan McClelland

1/29/24  From Duluth to the Arctic Circle
         Presenters: Chelsey Miller and Matt Rosendahl

2/5/24  Fly Fishing in Mexico
        Presenter: Todd Heggestad

2/12/24  Jackson Project: A New Deal in Hermantown
         Presenters: Delaine Carlson and Linda Bray

2/19/24  Traveling with Tourists: A Tour Guide’s Adventures in the Alaskan Wilderness
         Presenter: Julie O’Connor

US SPECIAL INTEREST GROUPS
OPEN TO US MEMBERS

Friday Flicks
Fridays | 12:00pm | Kirby Plaza 311
Friday Flicks are open to 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 | 12:00pm | Kirby Plaza 303
Love to play bridge or eager to learn? Bridge players meet Fridays at noon 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,

University for Seniors strives to be an open and welcoming community. Please join us as a member, class leader, or volunteer. YOU make our program stronger. As we continue to recruit members, please share the program information via https://university-seniors.d.umn.edu or by requesting additional Happenings catalogs by emailing usask@d.umn.edu. We also offer an introductory trial membership for first-time members at a reduced cost.

Winter term consists of forty-two classes this year, with eight online and three off-campus. The variety offered is sure to spark your interest, from local history and architecture to travel stories from across the globe. Learn the art of improv theater, textiles, watercolor, or memoir writing, or test your knowledge of the weather or family genealogy. Winter term offerings will keep you moving, from snowshoeing to cross-country skiing, from tai chi to resistance training. There is something for everyone!

Registration is online with payment by card or check. If you registered for Fall term 2023, you simply need to sign into your account on our membership page to get started. If you are using our online registration for the first time, you will need to create a new account.

A Registration Help Guide is included in the catalog to help you get started with the registration process. We also offer registration drop-in days on the UMD campus if you would like some help completing your registration. The dates, times, and locations are listed on the front cover of the Happenings.

If you are unable to attend one of the drop-in days, please reach out and set up an appointment by contacting the US Program Office at 218-726-7637, or email usask@d.umn.edu. Visit our website for more information: https://university-seniors.d.umn.edu.

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 December 1, 2023, to be considered priority.
General registration and refund request deadline is January 12, 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.

Confirmations 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.
WINTER TERM 2024: AT A GLANCE

NOTE: This is not a registration form. Registration must be completed online or on campus during a scheduled drop-in day.

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

MONDAY

9:00am
- Inventing the Truth: Memoir Writing
- The 60s: A Decade to Remember (online)
- The Philosophy of *The Twilight Zone* - The Fourth Season (1)

1:00pm
- Great Decisions
- Indigo, Wool Sails, Fur Hats, & Polyester Pleats
- The Grand Circle of National Parks (1) (online)
- Cross-Country Skiing (2) (off campus)

TUESDAY

9:00am
- Tai Chi
- *David Copperfield* and *Demon Copperhead*
- Sacred Landscape and Journeys (1)
- For What’s Ahead - The Natural Resources Research Institute (2) (online)

11:30am
- Time to Bone Up on Your Bonaparte?
- Watergate
- *The Celtic World* (online)

WEDNESDAY

9:00am
- History, Legacy, and Importance of African American/African Heritage Gospel Music
- Project 562: Changing the Way We See Native America (online)
- Trusts and Wills: Everything You Wanted to Know (1)
- Northland Weather 101 (2)

11:30am
- Leading a More Resilient and Meaningful Life
- Slavery, Lincoln, and the Civil War
- Decluttering to Closing: The Process of Selling Your Home (1)
- Lunch on the Hill (2) (off campus)

THURSDAY

9:00am
- 1936 (1)
- *A Sapiens* Seminar (1)
- You and Your Stuff (2)
- Take a Look at This: Genealogy Paper Trail (2) (online)

11:30am
- Resistance Training for Seniors: Circuit Training for Balance, Mobility, & Strength
- Creative Writing: Flash Fiction (1)
- Nature in Our Lives (1)
- Presidential Libraries, Part 1 (2) (online)

12:00pm
- Train Your Brain and Move

2:00pm
- Great Books
- *The Guide to Essential Italy* (online)
- Mystical Traditions: Judaism, Christianity, & Islam (1)

2:30pm
- Walking on Water: Exploring Area Streams on Ice (2) (off campus)

FRIDAY

9:00am
- The Glensheen Murders: Over Forty-Five Years of Mystery & Intrigue (1)
- Duluth’s Historic Architecture (2)

9:30am
- Wonderful Watercolor
MONDAY

Inventing the Truth: Memoir Writing
ON CAMPUS
9:00-11:00am
The goal of this memoir writing group is to have each participant finish (or nearly finish) one piece in our eight weeks together. This will be an active group of mostly writing and workshopping with some reading and examples.

Carol Mohrbacher is a former English professor and writing center director from St. Cloud State University who has completed several memoir workshops, including the Iowa Summer Writers’ workshop. She has also published works that include academic writing, poetry, fiction, travel writing, and memoir.

The 60s: A Decade to Remember
ONLINE
9:00-11:00am
This class will examine the decade of the 1960s, with each class session focusing on the events of one or two years and then examining a specific issue that transcends those ten years. Issues to be covered include civil rights, the women’s movement, Vietnam, the space race, music and culture, and politics. Resources for this class include a website of relevant materials and the recollections and reflections of all participants.

Denny Falk taught in the Department of Social Work at UMD for forty years and has taught about ten classes with University for Seniors since 2018. He spent his junior high, high school, and college years in the 1960s and still remembers some of what happened in those ten years. He looks forward to other class participants filling in some of the gaps in his experience and memory of this extraordinary decade.

Rod Serling, The Twilight Zone, and Social Justice
ON CAMPUS
9:00-11:00am (1st four weeks)
Known as the “angry young man of Hollywood,” Rod Serling battled with sponsors and network executives to use the platform of television to address current social issues. It was not until Serling used the disguise of science fiction and fantasy in The Twilight Zone that he was able to produce controversial shows about war and racism. Each week participants will watch and discuss episodes which are reflective of social concerns. It is not necessary to have attended the previous Twilight Zone class to fully benefit from this class.

Cindy McLean has loved watching and researching The Twilight Zone, unlocking the door with the key of imagination. After teaching about twenty classes on history for University for Seniors, she now wants to share and discuss her other love, The Twilight Zone.

Great Decisions
ON CAMPUS
1:00-3:00pm
Using a discussion format and the Great Decisions text from the Foreign Policy Association, participants will cover the topics selected for 2024. They include climate technology and competition, science across borders (artificial intelligence), US-China trade rivalry, NATO’s future, understanding Indonesia, high seas treaty, pandemic preparedness, and Mideast realignment.

Roger Waage is a retired physician with an interest in foreign policy that started while he was working in Germany in the 1970s. He found his knowledge of Europe lacking and decided to learn more about European history.

Book: Great Decisions, Foreign Policy Association. The text for this class can be purchased through the US office.
Indigo, Wool Sails, Fur Hats, & Polyester Pleats: A Discourse on How Our World Was Shaped by Fashion and Textiles

ON CAMPUS
1:00-3:00pm
Investigate the unique, curious, and profound ways clothing, fabric, and fiber-based design have driven the development of human societies, cultures, and environments since the beginning of time. Participants will explore the continuing impact of textiles today and also the future of fashion.

Justin R. M. Anderson was raised in Central Minnesota along the Mississippi River and has lived and worked in Duluth for the past twelve years. Justin studied studio art at the University of Minnesota Duluth and works as an artist in fiber, sculpture, printmaking, drawing, photography, digital design, and multimedia installation. He serves on the Boards of Directors of the Nordic Center and the Duluth Fiber Guild and is cofounder of Nóatún Community Wooden Boat Works, a nonprofit arts education organization that builds and sails traditional wooden boats with community participants.

The Grand Circle of National Parks

ONLINE
1:00-3:00pm (1st four weeks)
The Grand Circle of National Parks covers parts of Colorado, Utah, New Mexico, and Arizona. This area features some of the most spectacular national parks in the western United States, including Zion, Bryce Canyon, Capitol Reef, Canyonlands, Arches, Mesa Verde, Petrified Forest, and Grand Canyon. Together, we will explore a little of the ecosystems, history, culture, and resources of key parks in this area.

NOTE: This is only a three-week class in recognition of Martin Luther King Jr. Day.

Mary Durward has a degree in urban planning from University of Illinois in Urbana, 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. Mary has hosted twenty-five exchange students from thirteen different countries and loves to visit them and their families.

Cross-Country Skiing

OFF CAMPUS
1:00-3:00pm (2nd four weeks)
Meet as a group weekly to enjoy Duluth’s incredible ski trails during the peak of the season. Participants will gather at a different trail each week. The choice of trail will depend upon grooming conditions. All levels welcome!

Equipment can be rented through UMD’s Recreation, Sports, and Outdoor Program.

Mary Krook has been an avid skier since moving to Duluth forty-eight years ago. She did her first American Birkebeiner ski race at age sixty. Since then she has participated in many cross country ski events, gaining incentive to develop a greater level of fitness and meet many wonderful people.

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.

**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.

**David Copperfield and Demon Copperhead**

ON CAMPUS  
9:00-11:00am

The breathtaking audacity of Barbara Kingsolver to put herself up against Charles Dickens in her retelling of Dickens’ classic and most autobiographical novel earned Kingsolver the Pulitzer Prize for Fiction. While the themes of poverty, child welfare, child labor, derelict schools, ambition, love, and marriage overlap, Kingsolver sets her epic novel in the wasteland of her beloved Appalachia and takes on themes of athletic prowess and the medical establishment’s complicity in the pharmaceutical industry’s peddling of opioids, thus contributing to an epidemic of addiction. Participants will read both novels in tandem, pairing corresponding sections of each novel as we go along.

**David Tryggestad** is a retired Lutheran pastor, and, in retirement, a substitute church organist. He has taught nine previous University for Seniors classes, primarily African American literature, with his friend and colleague Henry Banks.

**Books:**  

**Sacred Landscape and Journeys**

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

Participants will explore four different sacred landscapes and the journeys taken to and through them. Our intellectual pilgrimages will take us to Santiago de Compostela (Spain), Loreto (Italy), Sanchi (India), and Angkor Wat (Cambodia). We will talk about the building design and decoration.

**For What’s Ahead - The Natural Resources Research Institute**

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

Minnesota has exciting opportunities ahead. The Natural Resources Research Institute (NRRI) was created by the state legislature to help navigate an informed path forward. This nationally unique unit of the University of Minnesota research enterprise drives integrated research to create solutions to economic and environmental challenges. This class will include an overview of NRRI and its strategic research initiatives by Executive Director Rolf Weberg followed by presentations on active research endeavors by NRRI scientists and engineers.

**June Breneman** is NRRI Marketing and Communications Manager, sharing stories of the research and the people making it happen with the public since 2001.

**Rolf Weberg** is NRRI Executive Director and assumed leadership of the Institute in March 2014 after a twenty-five-year industrial career.
Time to Bone Up on Your Bonaparte?
ON CAMPUS
11:30am-1:30pm
Since Ridley Scott has released a four-hour biopic about Napoleon Bonaparte, it may increase your appreciation of the film if you acquire some knowledge of the Little Corporal. Multimedia presentations (slide shows, artwork, music, and films) will assist participants in learning about the life and times of Napoleon I.

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

Watergate
ON CAMPUS
11:30am-1:30pm
Watergate is much more than a bungled burglary and a bungled coverup. From start to finish, it lasted five years and included burglaries, illegal wiretapping, and political sabotage. It involved the entire United States intelligence community and ultimately destroyed the Nixon presidency. Come and learn about THE political scandal of our lifetimes.

Steven Coz is a retired attorney with an eclectic range of interests but without enough time and energy to pursue them all.

The Celtic World
ONLINE
11:30am-1:30pm
The word "Celtic" may bring to mind Braveheart, kilts, leprechauns, and St. Patrick’s Day, but history has an "incredible story of Celtic-speaking peoples, whose art, language and culture once spread from Ireland to Austria." Lectures from The Great Courses series entitled The Celtic World will be the focus of this class, along with supplemental material and discussion.

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

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. Winter term films include Dances With Wolves, City Lights, American Graffiti, Rocky, The Deer Hunter, The Wild Bunch, Modern Times, and Giant.

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 serves on the US Curriculum Committee.

The Science and Technology of Electric Vehicles
ON CAMPUS
2:00-4:00pm
Electric Vehicles (EVs) promise to be the foundation for future transportation needs, helping to address climate change imperative. However, the transition to EVs changes many of our fundamental assumptions regarding how vehicles are fueled, maintained, and driven. They present serious technological challenges to advancing battery chemistry and technology toward the cost and energy density levels required for mass EV adoption. This class goes beyond the “EV overview” stage to focus more deeply on the scientific and technological aspects that will make the EV the “next big thing” in the transportation sector. Topics covered include a comparison with gas-powered vehicles, maintenance, fuel cost, efficiency, and driving experience. In addition, we will explore EV battery attributes, chemistry, and technology,
thus providing a look forward toward new much cheaper and longer range battery technologies.

**Thomas Anderson**, a University of Minnesota MSEE graduate, is currently a principal-technologist with ATIS, a Washington DC not-for-profit that develops standards and solutions for the ICT industry. He has also taught courses on EV in the Southern Oregon University OLLI program.

**The "Local Color" Fiction of Sarah Orne Jewett and Mary Wilkins Freeman**

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

New England authors Sarah Orne Jewett and Mary Wilkins Freeman wrote wonderful fiction about their region, trying to capture a way of life that was fast changing as the twentieth century dawned. These members of the local color literary movement were also proto-feminists whose works insightfully explore the role of women in that setting. Join us as we learn about the local color movement and discuss the stories (plus a short novel) of these fascinating authors. Participants are asked to complete readings for each class session.

**Deborah Davis Schlacks** is Professor Emeritus of English at the University of Wisconsin-Superior. Her specialty is American literature. Sarah Orne Jewett and Mary Wilkins Freeman are two of her favorite authors.

**Books:**


**Improvisational Theater and More**

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

Everyone improvises, whether it’s changing a recipe, fixing a broken toy, or making an excuse for why they can’t attend a certain function. This class will teach you techniques to improve your improv skills through theater games. There will be laughter!

**Cheri Tesarek** has been involved in local theater for many years and is currently a drama coach for Superior High School. Cheri has also recently worked with University of Wisconsin-Superior summer theater, Rubber Chicken Theater, and Time Arc Theater. Cheri is the founder of the group Something Superior Improv.

**WEDNESDAY**

**History, Legacy, and Importance of African American/African Heritage Gospel Music**

ON CAMPUS 9:00-11:00am

Trace the history of African American gospel music from its origins in the American South to its modern origins in 1930s Chicago and into the 1990s mainstream and beyond. Participants will explore different types of music groups and have the opportunity to view statewide African American gospel artists and the work they are doing in Minnesota and across the world. Primary focus will be on the four major historical eras from which African American gospel music developed: the slave era, Reconstruction, the Great Migration, and the Civil Rights era. If time permits, important reading material will be explored from various authors on the topic.

**Henry Banks** has been a community leader and community activist for more than thirty-five years. He has...
served the citizens of Duluth in a variety of leadership capacities from vice president of the local transit board to president of a non-profit social services organization. And, “back in the day,” he served as Executive Director of Washington Family Resource Center in downtown Duluth. Currently, Henry is an independent contractor and consultant to three non-profit organizations in St. Paul, Minnesota. Those organizations are literary based, federal housing advocacy based, and culturally based respectively.


**Project 562: Changing the Way We See Native America**

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

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. As Wilbur’s website puts it, “Over 10 years ago Matika Wilbur began to develop a monumental aspiration that has led to Project 562. To help develop a body of imagery and cultural representations of Native Peoples to counteract the relentlessly insipid, one-dimensional stereotypes circulating in mainstream media, historical textbooks and the culture industry. To create positive indigenous role models is to do justice to the richness and diversity and lived experiences of Indian Country.” Please join us in exploring her work.

**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 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.

**Trusts and Wills: Everything You Wanted to Know**

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

Learn about the basics of wills, trusts, powers of attorney, probate, real estate transfers, and charitable giving strategies. Hear from local experts and get answers to your questions related to creating or updating your own estate plan.

**Lisa Mandelin** enjoyed helping families with their trust and estate matters over a career of twenty-five years in a local trust department.

**Northland Weather 101**

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

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

**Joseph Moore** is the Warning Coordination Meteorologist at the National Weather Service in Duluth, Minnesota, responsible for managing the office’s hazardous weather preparedness, outreach, and education
activities across northeast Minnesota and northwest Wisconsin. Joe works closely with the media, emergency managers, and other federal, tribal, state, and local government officials to ensure communities are ready when hazardous weather threatens.

**Leading a More Resilient and Meaningful Life**

**ON CAMPUS**

11:30am-1:30pm

Participants will explore important questions related to aging in an ever-changing world. As seniors and elders, what can we offer others in this climate-change world? How can we contribute to our community with a greater sense of compassion, creativity, and courage? How can we become mentally, emotionally, and spiritually stronger? What gives meaning and value to our lives?

**Tone Lanzillo** moved to Duluth at the age of sixty-two in 2017 to join the Loaves and Fishes community. For the past five years, he has been writing a series of columns on climate change for the *Duluth News Tribune* and *Reader*, and producing the *Climate>Duluth* series for PACT-TV. He is a member of Covering Climate Now and creator of the clima÷praxis project.

**Slavery, Lincoln, and the Civil War**

**ON CAMPUS**

11:30am-1:30pm

The Civil War was the greatest crisis, the costliest war, and, many historians say, the defining episode in our national identity. Its impact rippled through American history for more than a century, up to the present. Central to the cause of the war was the issue of slavery. And central to the execution and outcome of the war was Abraham Lincoln. This class will examine each of these three critical stories in American history. Each of them will be examined in themselves, but also in the larger context of how they reflect the development of the United States.

**Bill Miller** taught ancient history and U.S. history for forty-six years at the College of St. Scholastica, the University of Minnesota Duluth, and Lewis University in Illinois. He earned his master’s degree from the University of Chicago and his Ph.D. from the University of Minnesota. He has frequently led University for Seniors classes on Slavery, Lincoln, and the Civil War and on the Treasures of Ancient Egypt.

**Decluttering to Closing: The Process of Selling Your Home**

**ON CAMPUS**

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

Participants will discover how to reach their future real estate goals. We will be discussing the home sale process, as well as be introduced to different industry experts from stagers, estate sales specialists, organizers, and title company closers.

**Susan Dusek** has been a realtor in Duluth for twenty-eight years and loves helping clients reach their real estate goals. She grew up in Duluth and has always loved this ever-growing and changing community.

**Lunch on the Hill**

**OFF CAMPUS**

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

Here’s a little winter lunch and socialization close to UMD campus for three weeks only. We will be going “Dutch,” of course, to sample three places near UMD.

**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.
THURSDAY

1936
ON CAMPUS
9:00-11:00am (1st four weeks)

Two great truths were evident in 1936: economic depression and the possibility of war. Between a presidential election in the United States, the remilitarization of the Rhineland, the beginning of the Spanish Civil War, the Berlin Olympics, and the abdication of Edward VIII, this class will be jam-packed with interesting information about a year that, in some respects, foretold the future.

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

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

In Sapiens: A Brief History of Humankind, universalist historian Yuval Harari has written one of those rare books that does not teach but rather challenges the reader to think about REALLY BIG complex topics. It became a global phenomenon, initially sparking enthusiastic approval and, in time, also disapproval. Prepare to participate in a discussion of the issues it addresses by reading this “brief” but comprehensive history prior to the first meeting.

NOTE: Please read the entire book before the first class.

Tom Burns is a retired Professor of Medieval History and Archaeology from Emory University. He has received numerous teaching awards at national and international levels and taught numerous other classes for University for Seniors.

Clarice Roseen is a student of film and fiction who’s keenly interested in Harari’s take on history.


You and Your Stuff
ON CAMPUS
9:00-11:00am (2nd four weeks)

We see it all the time - STUFF. In closets, drawers, boxes, files. We know we need to do some serious culling, but the job seems overwhelming. Besides, how do we part with something that has meant so much to us? Should we keep it? Sell it? Pass it along to someone? This class focuses on approaches to evaluating, organizing, and culling stuff. We will have fun, get a little sentimental, and make progress!

Pat Miller is a retired training consultant and longtime member of University for Seniors.

Take a Look at This:
Genealogy Paper Trail
ONLINE
9:00-11:00am (2nd four weeks)

The paper trail left by an ancestor can be a genealogy gold mine. This class will teach you how to uncover and scrutinize death certificates, obituaries, wills, probate notices, probate records, estate inventories, cemetery records, and so much more. It will ensure you’re gleaning all the information a record provides. On the flip side, we’ll also discuss the steps you can take when you can’t seem to discover when an ancestor died.

Kathleen McQuillan-Hofmann began researching her family tree when she was a teenager, and her love of genealogy grew from there. She is a professional genealogist, the owner of FamilyResearch16.com, and a member of the Association of Professional Genealogists.

Resistance Training for Seniors: Circuit Training for Balance, Mobility, & Strength
ON CAMPUS
9:30-11:00am

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.

Creative Writing: Flash Fiction
ON CAMPUS
11:30am-1:30pm (1st four weeks)
This class is designed to introduce participants to Flash Fiction: a whole story in only 500-1000 words. Examine its elements: structure, story ideas, prompts, and how to put story ideas on paper. The class offers guidelines for beginning fiction writers; however, everyone is welcome to participate.

**Elyse Lawrey** writes under the pseudonym Maddie LeSage and is a published author from Duluth, Minnesota. She writes romantic suspense, or romance with a twist, as she likes to call it. Elyse graduated from the University of Minnesota Duluth with a degree in English and American Indian Studies. She has taught creative writing courses for Duluth Community Education and for University for Seniors.

Nature in Our Lives
ON CAMPUS
11:30am-1:30pm (1st four weeks)
We hear much about the value of having nature in our lives. In this discussion class, we will look at nature and our lives. We all have a story. Some of the topics covered include what is nature, where is nature, when is nature, phenomenology, anthropomorphism, what is communing in nature, why is being in nature a benefit, “good” nature, “bad” nature, exploitation of nature and technology.

**Larry Weber** is a naturalist, author and retired teacher. In retirement, he has taught for the Minnesota Master Naturalist program, Road Scholar, and University for Seniors. He has written hundreds of nature columns for the *Duluth News Tribune* and more than a dozen nature books. Larry takes daily nature walks.

Presidential Libraries, Part 1
ONLINE
11:30am-1:30pm (2nd four weeks)
Consider taking a look at the thirteen National Archives and Records Administration’s presidential libraries. The current libraries start with President Hoover’s and end with George W. Bush’s. Participants will explore what each library contains, its unique features, its location, and the architecture and general feel of each.

**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 visited all of the libraries related to every president from Washington to George W. Bush.
Train Your Brain and Move
ON CAMPUS
12:00-1:30pm
Improve coordination, balance, motor control, attention, memory, processing, and energy while moving to music in a fun group atmosphere! We will be using the Ronnie Gardiner Method for Movement, a common medical technique used throughout Europe.

Carolyn Haney worked as a school counselor in both Minnesota and Wisconsin for twenty years, and as a teacher in Texas prior to counseling. She is trained in a variety of cognitive therapy techniques and programs and has run the Duluth Core Learning Therapy Center for eleven years, working with both children and adults to strengthen underlying cognitive and motor skills. She will be accompanied by staff from her center during the class.

Great Books
ON CAMPUS
2:00-4:00pm
Participants will read and discuss short stories by Nathaniel Hawthorne, Honore de Balzac, and Stephen Crane (“The Open Boat”), speeches by Frederick Douglass and Abraham Lincoln, and a poem by Samuel Taylor Coleridge. The book description says, “This 75th anniversary anthology is a working set of provocative selections from notable works of literature and thought intended for careful reading, reflection, discussion, and the mutual, unplanned insights that arise from Shared Inquiry. It is a celebration of the Great Books ideals; having reasoned discussions in which all listen and contribute; and achieving the enrichment of lifelong learning.”

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.


The Guide to Essential Italy
ONLINE
2:00-4:00pm
Enjoy surveying sites of historical and high cultural achievement in three of the most popular destinations in Italy: Rome, Florence, and Venice. Participants will walk through the streets and visit the buildings and monuments to discover the historical development of these pivotal centers of the Western experience. We will view selections from the Great Courses DVD series The Guide to Essential Italy.

Jay Amato is a retired physicist and software engineer. He is embarrassed to admit that he has visited Italy only once.

Mystical Traditions: Judaism, Christianity, & Islam
ON CAMPUS
2:00-4:00pm (1st four weeks)
The Great Courses series Mystical Traditions: Judaism, Christianity, and Islam "examines the magnificent tradition of mysticism within the major Western religions. An introduction to the varieties of mystical literature through the ages and to the great spiritual teachers within each tradition is an important element in this course."

This class will look briefly at the impact mystics have had on these religious traditions and human spirituality and will include local guest speakers from different traditions.

Ron Henely and Craig Carlson are retired healthcare chaplains who enjoy exploring the impact and experiences mystics have had in the Western world.
Walking on Water: Exploring Area Streams on Ice
OFF CAMPUS
2:30-4:30pm (2nd four weeks)
Experience local frozen streams by walking on them rather than along them. Locations will include the St Louis River as well as three smaller area streams. Snowshoes and poles are available through the University for Seniors program for those who wish to use them for this activity.

Julene Boe leads both 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

The Glensheen Murders: Over Forty-Five Years of Mystery & Intrigue
ON CAMPUS
9:00-11:00am (1st four weeks)
Prepare to discuss the intimate details, bizarre twists and turns, and lingering mysteries surrounding the 1977 murders at Glensheen. Participants will be invited to question the man who prosecuted this high-profile murder case during two of the longest criminal trials in Minnesota history. Learn about the tragic victims of this double-homicide case as well as the personalities of Roger and Marjorie Caldwell and renowned criminal defense lawyers Doug Thomson and Ron Meshbesher.

Senior Judge John E. DeSanto is a lifelong Duluth resident, a 1968 graduate of UMD, and a 1973 graduate of the University of Minnesota law school. He was an Assistant St. Louis County Attorney for over thirty-five years and has been a Minnesota trial court judge for over fourteen years. He prosecuted over 250 jury trials, including the trials of Roger and Marjorie Caldwell for the June 27, 1977, murders of Elisabeth Congdon and Velma Pietila at Glensheen.

Duluth’s Historic Architecture
ON CAMPUS
9:00-11:00am (2nd four weeks)
Explore the architects and architecture of the city of Duluth and the history of some of its most prominent homes and buildings.

Dennis Lamkin is an architectural historian and history buff. He has restored about twenty-five of Duluth’s most important homes. Dennis serves on the boards of Glensheen and the Minnesota Historical Society and is a member of the Duluth Preservation Alliance.

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.
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**IMPORTANT INFORMATION**

**Priority Registration Ends 12/1/23!**

Register Online at:
[https://usregister.d.umn.edu/umnd](https://usregister.d.umn.edu/umnd)

**Save the date for the following orientations:**

- **New Members:** Monday, December 11, 2023, at 10:00am in Kirby Plaza Room 309
- **Class Assistants:** Thursday, December 14, 2023, at 10:00am in Kirby Plaza Room 309
- **Class Leaders:** Friday, December 15, 2023, at 10:00am in Kirby Plaza 309
- **Zoom Refresher:** Friday, December 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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**FIND IT INSIDE. FIND IT FAST!**

**CLASSES:**
- Monday ........................................ 4-6
- Tuesday ......................................... 6-9
- Wednesday ..................................... 9-12
- Thursday ....................................... 12-15
- Friday .......................................... 15

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- **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

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