





Promoting vitality in later life

Summer 2024

FROM THE PRESIDENT

By Barbara Keating

While our Lifelong Learners (LL) membership numbers are making a post-pandemic comeback, they are not yet large enough to avoid deficit budgets. We have been dipping into our reserves created with donations and bequests. In the meantime, our expenses continue to grow. To avoid raising membership fees, the LL Council has decided to pursue alternative fundraising.

HOW YOU CAN HELP...

- 1. Invite friends to join Lifelong Learners.
- 2. Volunteer for one of our committees or offer to be a member-at-large on the Council.
- 3. Make a tax-deductible donation to replenish our reserves.

To make a tax-deductible donation to Lifelong Learners by check, make checks payable to Minnesota State University, Mankato Foundation, *and specify "Lifelong Learners" in the memo line*. Send to: MSU Foundation, 126 Alumni & Foundation Center, Mankato, MN 56001.

To make an tax-deductible online donation, go to **https://engage.mnsu.edu/mall** or use the Mankato Area Lifelong Learners donation QR Code above. Thank you for supporting LL.

HISTORY OF MANKATO AREA LIFELONG LEARNERS - PART 1

The idea for an organization promoting lifelong learning for seniors originated with Professor of Gerontology, David Janovy. Emerita Professor Eddice Barber acted on his idea, and the two cofounded the organization on October 30, 1995, in Memorial Library with five others in attendance. By November of that year, several others had joined, and committees were formed. The group began classes with an enrollment of 50 as MSU for Seniors in 1996. The classes were similar in format to the current presentations, although MSU provided classroom space. The organization's original members had all been participants in Elder Hostel (now Road Scholar). Sponsorship by Minnesota State University Mankato was supported by President Rush and was formally approved by the College of Social and Behavioral Sciences, the Dean's Council, and the President's Council. In May 1997, a constitution and by-laws were formally approved by the membership. By the fall of 1999 class enrollments had increased to 121. Several special events were organized each year, and educational trips were very popular.

In 2007 MSU for Seniors had annual membership dues of \$10 and fees for the classes were \$25 per quarter. The organization was affiliated with the Elderhostel Institute Network (EIN). All organizations in this network were sponsored by a college or university and were member-directed and financially independent.

In the 2008–2009 fiscal year, the organization changed its logo and its name to Mankato Area Lifelong Learners. MSU continued its sponsorship and provided office space for a part-time office manager.

Minnesota State University

SPECIAL EVENTS - SUMMER 2024

Vine's Love Your Age 55+ Expo

The annual VINE-sponsored Love Your Age 55+ Expo will be held 1-4 PM, Tuesday, September 17, 2024, at the Mayo Clinic Health System Event Center, 1 Civic Center Plaza, Mankato. The Expo includes free goodie bags to the first 800 attendees, free health assessments, free refreshments, door prizes, and a speaker series. Many vendors (including Lifelong Learners) will have booths in the Grand Hall. For more information, see: https://vinevolunteers.org/expo/



Gustavus Nobel Conference - 2024

The Gustavus Adolphus College Nobel Conference 60, "Sleep, Unraveled," will be held Tuesday and Wednesday, October 1–2, 2024. Since the conference is free this year, Lifelong Learners (LL) will not organize or preregister our usual group for discounted tickets. The conference will be held in Christ Chapel on the Gustavus campus instead of in the arena. The lectures and panel discussions will be available for viewing online without cost or pre-registration.



If you plan to attend the conference in person, please register using the registration link: https://docs.google.com/forms/d/e/1FAIpQLSeD-RO5A_ZLAMNkvbkNvTX1UB3kJ4h7lRO_iKs-vznl3nkrA/viewform

The conference organizers have offered us the possibility of some limited reserved LL group seating if we can tell them about the approximate number in mid-September. If you would like to sit near other LL members, please call or send Colleen a note at (507) 389–2011 or email: *LifelongLearners@mnsu.edu*. You must still register using the link.

For more information, go to https://gustavus.edu/events/nobelconference/2024/

LIFELONG LEARNING TIDBITS



Registered Dietitian April Graff, who gave the April 29 Lifelong Learners (LL) presentation on "Nutrition for Senior Health," has volunteered to serve as a resource person about nutrition and diet for LL members. To contact her: email: *Agraff@hy-vee.com*, call the Hy-Vee store at (507) 625–9070, or visit the store on 2010 Adams Street, Mankato. Thank you, April!

WELCOME NEW MEMEBERS! WE LOOK FORWARD TO MEETING YOU!



Patricia Anderson David Bergmark Susan Bergmark

Heide Hinckley Deb Joerg Genevieve Roessler Gary Schott
Katherine Schott
Carol Seifert

Kyle Ward

Please welcome Colleen Fritz, our new office manager!

2 Summer 2024



2024 SUMMER REGISTRATIONS & MEMBERSHIP FORM

Silver Membership: \$35/year - Presentations \$5 each Gold Membership: \$140/year - Presentations included				Registration prior to attendance requested. Non-member: Presentation \$10
 New Member □ Renewal □ New Info □ \$35 Basic Membership — Member 1 □ \$140 Bundled Membership — Member 1 			 □ New Member □ Renewal □ Non-member □ \$35 Basic Membership — Member 2 □ \$140 Bundled Membership — Member 2 	
Name:			Name:	
Email:			Email: _	
City/State/Zip:				
Phone		Birth Year	Phone:	Birth Year
				Annual Membership Fee(s)
MBR 1	MBR 2/NM	PRESENTATIONS - \$5 each Basic Memb	ership	\$10 each Non-members (NM)
□ 1:	□ 1:	Thurs., July 11 – To Banish Forever: The Story of Knights, Ho-Chunk, and Ethnic Cleansing of So. MN		
□ 2:	□ 2:	Mon., July 15 - An Introduction to Traumatic Brain Injury		
□ 3:	□ 3:	Tues., July 23 - Building Affordable Housing for the Community: Habitat for Humanity in So. MN		
□ 4:	□ 4:	Mon., August 5 - The Criminal Justice System		
□ 5:	□ 5:	Thurs., August 8 - German POWs in Minnesota 1943-1946		
□ 6:	□ 6:	Thurs., August 22 - Get Moving: Motivating Yourself to Exercise		
□ 7:	□ 7:	Wed., August 28- Speciesism and Society: Rethinking Our Relationships with Animals		
□ 8:	□ 8:	Wed., September 4- Politics & Film: American Political Culture on the Big Screen		
□ 9:	□ 9:	Mon., September 9- Is America a Chosen Nation? Examining Christian Nationalism		
□ 10:	□ 10:	Thurs., September 19- The Prairie Ecology in South Central Minnesota		
□ 11:	□ 11:	Tues., September 24- Using County Resources to Build Your Family Tree		
		Total Presentation Registrations for Members		
		Total Presentation Registrations for NI	M	Total Presentation Fees
				Grand Total All Fees

Submit registration form and payment to:

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

link.mnsu.edu/lll 3

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



SIP AND CHAT - "TEA AND SUMMER PIES"

Join LLL friends at the Curiosi - Tea House, 1745 Commerce Dr., North Mankato at 2:00 pm for two types of tea and a fruit pastry. Self-pay at the Tea House. *If you plan to attend, please notify Colleen* at 507.389.2011 or email: lifelonglearners@mnsu.edu.

Tues, July 16 - Blueberry Pie & Tea Tues, Aug. 20 - Peach Pie & Tea Tues, Sept. 17 - Apple Pie & Tea

VINE'S 55+ Expo September 17 · 1 - 4 pm Mayo Clinic Event Center

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

GREAT DECISIONS: SECOND WEDNESDAY OF THE MONTH, 2-4PM

July 10 - (Pioneer Bank) Richard Lietch on China -U.S. Trade Policy
 August 14 - (Pioneer Bank) Todd Lefko on the Future of NATO
 September 11 - (Bethlehem Lutheran Church) Edmund Downie (pending confirmation)
 on Climate Technology and Competition



OFFICERS:

<u>President</u> Barbara Keating **Vice President**

> <u>Treasurer</u> Ken Saffert

Secretary
Terry Salerno

Past President
Harriet Plotz

Member At Large Mary Bliesmer Larry Nicol

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Dave Janovy
Rallah Madison

Great DecisionsGeorgia Holmes

Communications
& Publicity
Presentations

Steve Gilbert

Special Events

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BOOK CLUBS:

BookMarks Jim 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 & Pam Willard

> <u>Lunch</u> Sue Howard

> Sip & Chat Harriet Plotz

OFFICE MANAGER

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

NEWSLETTER EDITORTerry Salerno

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

