



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.

SCAN TO GIVE



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.

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_ZLAMNkvbkNvTX1UB3kj4h7IRO_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!



SUMMER 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: Thursday, July 11th, 2 - 4 p.m. – To Banish Forever: The Story of the Knights, the Ho-Chunk, and the Ethnic Cleansing of Southern Minnesota

Author Cathy Coats, M.S. will share the tragic story of the Ho-Chunk Nation and the secret organization that sought to expel all Indigenous people from our region during the 1800s. She will explain why her new book, *To Banish Forever: The Story of the Knights, the Ho-Chunk, and the Ethnic Cleansing of Southern Minnesota*, is as much about Mankato as it is about the Ho-Chunk, also known as the Winnebago. *To Banish Forever*, will be available for purchase after the presentation.

Presenter: Cathy Coats is a metadata specialist for the University of Minnesota Libraries. She researched the removal and relocation of the Ho-Chunk for her master's degree thesis at St. Cloud State University.

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Anne Fletcher

#2: Monday, July 15th, 2-4 p.m. — An Introduction to Traumatic Brain Injury

A nationally prominent neuropsychologist, Dr. Karol will provide an overview of the nature of traumatic brain injury, including a review of variable onsets and causes, and descriptions of possible cognitive and emotional changes after injury.

Presenter: Dr. Karol is President of Karol Neuro + Rehab Consulting. He has held positions including Vice President of Brain Injury Services for a chain of long-term care facilities and Director of Brain Injury Service for a specialty hospital. He co-founded the Minnesota Brain Injury Association/Alliance in 1984, served on its Board of Directors for 14 years, and is a current Board of Trustee of the United States Brain Injury Alliance, chairing its Governance Committee. He is the Senior member of the Minnesota Department of Human Services Traumatic Brain Injury Advisory Committee, of which he is a past Chair. He has published four books, numerous journal articles and has given over four hundred presentations. He is the recipient of the Lifetime Practice Excellence Award from the American Psychological Association Rehabilitation Division, the Distinguished Contributions to the Field of Brain Injury Award from the VCU School of Medicine, and the Elinor Hands Award Advancing the Cause of Brain Injury Services from the Minnesota Brain Injury Alliance.

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Steve Gilbert

#3: Tuesday, July 23rd, 2 - 4 p.m. — Building Affordable Housing for the Community: Habitat for Humanity in Southern Minnesota

Learn what Habitat for Humanity does in South Central Minnesota to help provide safe and affordable housing in the Mankato Area. This will include a discussion on Habitat's activities both in the area and nationally.

Presenter: Holly Schoettler, the Community Service Manager for Habitat for Humanity

Location: Messiah Lutheran Church, 1706 Lee Blvd, North Mankato

Sponsor: Greg Suskovic

#4: Monday, August 5th, 2 - 4 p.m.— The Criminal Justice System

Learn how arrestees are processed from booking through court proceedings in Blue Earth County. Roundtable discussion by representatives from law enforcement, prosecution, defense, probation, and the court will discuss the criminal justice system from arrest through probation. We hope to have a behind the scenes tour of what an arrestee might see during processing at the jail through a first appearance in court.

Presenter(s): Blue Earth County (BEC) District Court Judge Mark E. Betters, BEC Assistant County Attorney Todd Kosovich, Fifth Judicial District Public Defender Managing Attorney Aaron Zurek, Mankato Public Safety Department Sergeant Jesse Gilbertson, and BEC Community Corrections Department Probation Agent Jennifer Guse.

Location: Blue Earth County Justice Center, 401 Carver Rd. Mankato.
Gather on the second floor outside the Court Administrator's Office.

Sponsor: Larry Nicol

#5: Thursday, August 8th, 2 - 4 p.m. — German POWs in Minnesota 1943-1946

Hidden in Minnesota's history is the story of over 15 Prisoner-of-War subcamps that dotted the landscape from 1943-1946. Mostly built for German POWs, these camps helped farmers and the lumber industry across the state while thousands of young Minnesota men were serving overseas. This presentation will focus on the role of these camps, the impact they had on the war effort, as well as the communities they were in.

Presenter: Dr. Kyle Ward is the Director of Social Studies Education at MSU, Mankato where he also teaches a course titled "America and World War II." He has had seven books published and a workbook series for high schools. His books have focused on both what history textbooks are teaching students, in the US and around the world, as well as military history. Dr. Ward lives with his family in North Mankato and is originally from central Minnesota.

Location: Pioneer Bank, 1450 Adams St, Mankato

Sponsor: Steve Gilbert

#6: Thursday, August 22nd, 2 - 4 p.m. – Get Moving: Motivating Yourself to Exercise

Alone or with others? Balance, Strength-training, or Aerobic? What are recommended exercises and ways to get yourself to stick with them? New research from a geriatric expert spotlights key findings with particular importance for older adults.

Presenter: Siobhan McMahan, Ph.D., MPH. is Director of the Center on Aging Science and Care Innovation and Associate Professor at the School of Nursing, University of Minnesota. She is the lead author of a study recently published in *JAMA Network Open* that offers key insights.

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Anne Fletcher

#7: Wednesday, Aug. 28th, 10 -12 p.m. - Speciesism and Society: Rethinking Our Relationships with Animals

Why do some species share our beds while others are served on our plates? How and when do human interactions with other animals become harmful? What insights can we gain from the historical and cultural variations in how humans choose to accept, love, and disdain different species? Human-Animal Studies (HAS) is a burgeoning interdisciplinary field dedicated to exploring these fascinating questions. This presentation will introduce you to HAS and delve into the main ways humans interact with nonhuman animals. The audience will be encouraged to engage with important concepts such as social construction, speciesism, and empathy and join in enlightening discussion that will challenge your perspectives on the complex relationships between humans and other animals.

Presenter: Carol Glasser is a Professor of Sociology at Minnesota State University, Mankato, where she is passionate about teaching, social justice, and human-animal studies. In recent years, she co-founded the university's human-animal studies minor, served as Chair of the Animals and Society Section of the American Sociological Association, and organized an international colloquium series in human-animal studies.

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Steve Gilbert

#8: Wednesday, Sept. 4th, 2 - 4 p.m. — Politics & Film: American Political Culture on the Big Screen

Films both reflect the attitudes of their times and shape the public's understanding of politics. For example, the lone cowboy risking all for the town folks was about greater dangers than just those to the town, and "Network" warned us of a cynical America that was mad as Hell in the 1970s. Films tell us a great deal about their times and great classic films transcend their times and tell us about the enduring values and beliefs of Americans.

Presenter: Dr. Kevin Parsneau is a Political Science professor at MSU where he teaches American Government, the U.S. Presidency, and Democracy and Citizenship. His research interests include the U.S. Presidency, executive branch nominations, campaigns and primaries, party elites and social media. He has also loved films since his days as a car-less teenager stuck at home late at night watching WTBS, WGN, and Turner Classic Movies.

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Steve Gilbert

#9: Monday, Sept. 9th, 2 - 4 p.m. — Is America a Chosen Nation? Examining Christian Nationalism

What is Christian Nationalism? What are its historical roots? How does it interpret Christianity? What claims does it make? Is it more cultural than religious? How does it relate to the First Amendment? How does it overlap with White Christian Nationalism? What level of support does it have in America today? Darrell Jodock, Professor Emeritus of Religion at Gustavus and lead author of the National Council of Churches 2021 policy statement on "The Dangers of Christian Nationalism in the United States", will answer these and other questions about this timely topic.

Presenter: Prof. Darrell Jodock is a Professor Emeritus of Religion at Gustavus Adolphus College. He currently serves on the National Council of Churches (NCC) Task Force on Theology, the NCC interreligious "convening table" and the ELCA Consultative Panel on Lutheran-Jewish Relations. His most recent book is *Embracing Diversity: Faith, and the Promise of America*.

Location: Pioneer Bank, 1450 Adams St, Mankato

Sponsor: Steve Gilbert

#10: Thursday, Sept. 19th 2 - 4 p.m. — The Prairie Ecology in South Central Minnesota

This discussion will focus on the diverse ecosystems within the Southern Minnesota prairie. She will also discuss the DNR's role in maintaining and preserving the prairie ecosystem.

Presenter: Megan Benage is the Regional Ecologist for the Southern Region, Minnesota Department of Natural Resources.

Location: Messiah Lutheran Church, 1760 Lee Blvd, North Mankato

Sponsor: Greg Suskovic

#11: Tuesday, Sept. 24th, 2 - 4 p.m. — Using County Resources to Build Your Family Tree

Not sure where to begin your family history research project? Want to know what is available to use in Blue Earth County? This program is for you. Hear from Heather Harren, BECHS Communications and Events Manager about how to use the History Center resources and what else is available in Blue Earth County to help with your search.

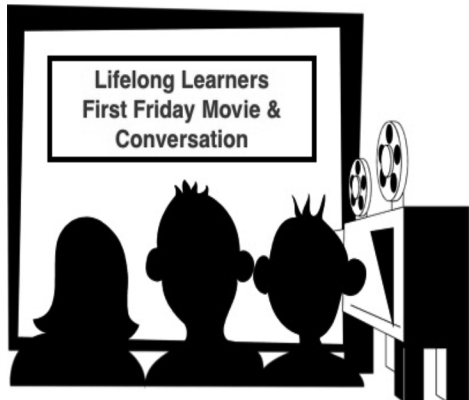
Presenter: Heather Harren has a bachelor's (2009) and master's (2011) degree in History from Minnesota State University, Mankato. She began working at the Blue Earth County Historical Society in September 2011 and has worked in many different areas of the building including the Research Center and Front Desk. Currently, she is the Communications and Events Manager working on planning programs and letting the public know all that is happening with the Historical Society.

Location: Blue Earth County Historical Society, 424 Warren St, 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:

July 5: *City Lights* (1937, Chaplin's masterpiece)
August 2: *Death at a Funeral* (2007, British comedy)
September 6: *The Descendants* (2011, family drama)

For information on each film, enter the name of the movie in the search bar at imdb.com 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 Curioso-Tea House will be on July 16, August 20, and September 17.** Join LLL friends for two kinds of tea and a fruit pastry. (*See calendar of events*).

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 the fourth Wednesday of the month.

History & Science book club reads non-fiction and meets at 2 p.m. quarterly on second Thursdays.

Sep 12: *Outliers: The Story of Success* by Malcolm Gladwell

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 summer:

July 26, August 23, September 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 when we help one another try to make sense of the headlines and newscasts. There is no fee or required preparation and no commitment to attend every month. New members are welcome!

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

Want to see a new social activity?

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



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
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New Member | **Renewal** | **New Info**
 \$35 Basic Membership — Member 1
 \$140 Bundled Membership — Member 1
 Name: _____
 Email: _____
 Address: _____
 City/State/Zip: _____
 Phone: _____ Birth Year _____

New Member | **Renewal** | **Non-member**
 \$35 Basic Membership — Member 2
 \$140 Bundled Membership — Member 2
 Name: _____
 Email: _____
 Address: _____
 City/State/Zip: _____
 Phone: _____ Birth Year _____

Annual Membership Fee(s) _____

MBR 1	MBR 2/NM	PRESENTATIONS - \$5 each Basic Membership	\$10 each Non-members (NM)
<input type="checkbox"/> 1:	<input type="checkbox"/> 1:	Thurs., July 11 – To Banish Forever: The Story of Knights, Ho-Chunk, and Ethnic Cleansing of So. MN	
<input type="checkbox"/> 2:	<input type="checkbox"/> 2:	Mon., July 15 - An Introduction to Traumatic Brain Injury	
<input type="checkbox"/> 3:	<input type="checkbox"/> 3:	Tues., July 23 - Building Affordable Housing for the Community: Habitat for Humanity in So. MN	
<input type="checkbox"/> 4:	<input type="checkbox"/> 4:	Mon., August 5 - The Criminal Justice System	
<input type="checkbox"/> 5:	<input type="checkbox"/> 5:	Thurs., August 8 - German POWs in Minnesota 1943-1946	
<input type="checkbox"/> 6:	<input type="checkbox"/> 6:	Thurs., August 22 - Get Moving: Motivating Yourself to Exercise	
<input type="checkbox"/> 7:	<input type="checkbox"/> 7:	Wed., August 28 - Speciesism and Society: Rethinking Our Relationships with Animals	
<input type="checkbox"/> 8:	<input type="checkbox"/> 8:	Wed., September 4 - Politics & Film: American Political Culture on the Big Screen	
<input type="checkbox"/> 9:	<input type="checkbox"/> 9:	Mon., September 9 - Is America a Chosen Nation? Examining Christian Nationalism	
<input type="checkbox"/> 10:	<input type="checkbox"/> 10:	Thurs., September 19 - The Prairie Ecology in South Central Minnesota	
<input type="checkbox"/> 11:	<input type="checkbox"/> 11:	Tues., September 24 - Using County Resources to Build Your Family Tree	

_____ **Total Presentation Registrations for Members**
 _____ **Total Presentation Registrations for NM** **Total Presentation Fees** _____
Grand Total All Fees _____

Submit registration form and payment to:
 Mankato Area Lifelong Learners
 129 Morris Hall,
 Mankato, MN 56001

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

MARK YOUR CALENDARS: 

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



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Steve Gilbert & Ron Yezzi

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Elizabeth Peters &
Pam Willard

Lunch

Sue Howard

Sip & Chat

Harriet Plotz

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