

HAPPENINGS

Winter 2010: January 11 - March 5, 2010

STUDY GROUPS

Study groups are eight weeks in length, unless otherwise listed. Each study group is limited by the size of the room and the wishes of the leader, with a maximum number of 40. Study groups are held in Kirby Plaza (KPlz), AB Anderson Hall (ABAH), and Sports Health Center (SpHC). All classes are filled based on members' priority choices. December 4 is the deadline for early registration. Oversubscribed study groups are determined, and members are notified if waitlisted.

Registrations received after Dec. 4 will be placed in open classes or added to waiting lists. Remember to list your study group choices in priority order when you register. (Four week classes each count as one class.) Note carefully on your fee statement the starting date, time, and location for each study group. (Note special times and/or dates indicated by an "*".)

MONDAY

Exercise for Silver Foxes (001)

8:00-9:00 a.m. SpHC 33, Monday, Wednesday, Friday

This head to toe exercise class uses video tapes and is geared specifically for seniors.

Kay Campbell is a US member and experienced Silver Fox.

ANECDOTES, INCIDENTS, AND THE UNUSUAL: LITTLE KNOWN ASPECTS OF MILITARY HISTORY (002) *9:00-11:00 a.m.*

Join this class for an examination of the little-known and unusual from the realm of military history. You'll hear stories on an array of topics such as chivalry, animals, friendships, and humor during wartime.

Robert Fuhrman is the Executive Director of the Richard I. Bong Veterans Historical Center in Superior, and has had a life-long interest in military history.

*** PRESCRIPTION MEDICATIONS (003)**

9:00-11:00 a.m.

Do you take prescription medication? Research shows that 40 percent of us have at least one health problem directly related to medications. Learn what you need to know in order to minimize your risk for side effects, and about increasing the effectiveness of commonly used prescription products.

Karen Bastianelli is a licensed pharmacist and works for the UMD College of Pharmacy.

(* Note: Second four weeks only February 8, 15, 22, March 1)

RAILROAD PASSENGER TRAIN SERVICE (004)

9:00-11:00 a.m.

A fascinating look at railroad passenger train service from the 1930s to the present day, including Amtrak, VIA Rail Canada, and the Alaska Railroad. Learn about the many types of trains, passenger accommodations, and onboard services through the years. Each week there will be a different type of train service modeled, a slide presentation, and time for questions and answers. We'll also discuss the future of light rail and high speed transit.

Patrick Dorin, Ph.D., has been interested in railroads since he was two years old. He worked on the railroads for many years, and has written 45 books and 30 articles on the topic.

STRENGTHENING (005)

11:30 a.m. - 12:30 p.m. in KPlz 303

Convenient location and time! A 51-minute video with instructor-led chair seated exercises will help core strengthening, enable flexibility, improve balance, and provide aerobic activity. This exercise class will help us with reaching, driving, picking up our grandkids, and gaining more confident balance to prevent serious falls.

Joanne Blakeslee is a US member. Over the course of 40 years as a nurse, she has learned the importance of being able to take care of ourselves.

MONDAY, CONTINUED ...

NRRI ENVIRONMENTAL PROGRAMS (006)

1:00–3:00 p.m.

Each week, a different scientist from the Natural Resources and Research Institute (NRRI) will address a topic such as water quality, forest ecology, storm water runoff, declining bird populations, and the Weber Stream Restoration Program. There will be plenty of time for questions and answers after each presentation. On the first day, we will meet at the NRRI building for a tour of the Institute and an overview of their programs. Please have a Release of Liability form signed and turned in before the first class.

Lucinda Johnson is the Interim Director of the Center for Water and the Environment at NRRI.

KURDISTAN AND IRAQ: A SINGLE NATION OR SEPARATE STATES? (007)

1:00-3:00 p.m.

This class will explore the semi-autonomous region of Kurdistan and the nation of Iraq. What happens in this area of the world will have direct repercussions on the United States and on the world. We will incorporate several different learning strategies, including lecture, video-DVD, class discussions, and simulations.

Marv Heikkinen is a retired social studies teacher who has had the good fortune to have traveled a great deal internationally, including a ten-day trip to Kurdistan last May.

SINGING FOR THE SINGING-IMPAIRED (008)

1:00–3:00 p.m.

Remember when you sang your heart out in school, in a church group, or around a campfire? Now you're afraid to open your mouth. Join us in singing just for fun, interspersed with a few exercises to help increase our range and accuracy. Each week we will run through a variety of folk and popular songs, do a few stretching and vocal exercises to develop range, rhythm, and note matching, and discuss a bit of music theory. The goal is for students to have a small repertoire of songs that they feel comfortable singing.

Mel Magree is a US member who has been tolerated in choirs off and on, generally mumbling his way through. He finally started taking voice lessons in 2001. He has performed some solos, but has only earned two dollars in tips so far.

TUESDAY

SEATED STRETCHING (009)

8:00-9:00 a.m. SpHC 33, Tuesday and Thursday

This seated stretching exercise class was designed to help seniors develop strength and enhance ability to function in everyday life. It increases flexibility, and strengthens abdominal and back muscles. Further information is available at www.strongerseniors.com.

Cheryl Jonason is a US member who enjoys the benefits of the workout and getting a parking space in the early morning.

* SEEKING THE FEMININE FACE OF GOD (010)

8:30-10:30 a.m.

This class is a continuation of the fall 2009 class on the Feminine Face of God. Using images, lecture, and music from around the world, we will continue to seek to understand the Divine Feminine through Mary Magdalene, the iconography of Russia, and the mythology of Peru and Egypt. This class is part pilgrimage, part travelogue, and part search for understanding.

Donna Effinger is a US member and has been a student of this topic for 25 years, earning a Masters in Pastoral Studies from St. Paul Seminary School of Divinity.

(* Note: First three weeks only January 12, 19, 26)

TUESDAY, CONTINUED ...

* **HEARING LOSS CLINIC (011)** 8:30-10:30 a.m.

Do you or a loved one suffer from hearing loss? This course will provide information about hearing, hearing loss, and rehabilitation strategies for older adults. Class time will include presentations, videos, discussions, and practical exercises such as lip reading. It will be a safe forum for discussing the problems and frustrations you and your family encounter, and also a place to share positive strategies.

Presented by graduate student interns of the UMD Department of Communication Sciences and Disorders. Facilitated by **Faith Loven**, Audio/Hearing Impaired Program Coordinator.

(* *Second five weeks only February 2, 9, 16, 23, March 2*)

CANADA (012) 8:30-10:30 a.m.

Americans, experiencing Canada through interlocked economies, common entertainment culture, travel, the media, and in sharing the world's longest undefended border, are tempted to view Canada as a northern microcosm of the U.S. However, there are significant differences between the countries, obvious to Canadians but not to most Americans. This study group will examine the Canadian experience, past and present, often in comparison with the U.S. The format will include leader presentations, video, member contributions, discussion, and possibly guest speakers.

Jerry Cleveland is a US member and retired teacher.

SLAVERY, LINCOLN, AND THE CIVIL WAR (013)

8:30-10:30 a.m.

The Civil War was the greatest crisis, the costliest war, and as many historians say, the defining episode in our national identity. Its impact has rippled through American history even to today. 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.

William K. Miller has 35 years of experience teaching U.S. and Ancient History at UMD, the College of St. Scholastica, and Lewis University in Illinois.

TAI-CHI (014)

9:00-10:00 a.m. SpHC 33, Tuesday and Thursday
Benefit from the study and practice of 108 Tai-Chi moves.

Hilja Nast is a US member and has studied Tai-Chi for 15 years.

* **SOUTHEAST ALASKA: THE COMMUNITIES OF THE INSIDE PASSAGE (015)** 11:00 a.m.-1:00 p.m.

This four-week course will provide an overview of this amazing area in Alaska's southeast "Panhandle." We'll use maps, videos, DVDs, and lectures on the topics of the Tongas National Forest, Glacier Bay, Prince of Wales Island, and the fishing communities that make it the "Salmon Capital of the World." You'll get insight into the lives of the people through a little history, some geography, some comments from local residents, and a few personal stories.

Diane Bean is a US member whose son, John, is a commercial fisherman and long-term resident of the village of Port Protection on the northern tip of Prince of Wales Island. She has visited several times by plane and by boat, as there are no roads.

(* *First four weeks only January 12, 19, 26, February 2*)

* **SPECIALTY HEALTH CARE FOR OLDER ADULTS (016)** 11:00 a.m.-1:00 p.m.

The doctors will see you now! Professionals representing medical specialties will discuss current trends in approach (diagnosis, treatment, technological changes and advances) to conditions common among older adults. Subjects to be covered include orthopedic surgery, osteopathic rehabilitation, specialty differentiation, psychiatry and mental health, cardiac surgery, audiology and hearing aids, and living wills. Each week there will be presentations from two different medical doctors.

Facilitated by US members **Joe Leek**, **Pat Stoddard**, and **Homme Kanter**.

(* *Second four weeks only February 9, 16, 23, March 2*)

TUESDAY, CONTINUED ...

MAGICAL REALISM (017) 11:00 a.m.-1:00 p.m.

We shall read and discuss several short stories of Colombian author Gabriel Garcia Marquez and a short novel of Los Angeles author Ron Arias. A few video versions of some stories will be shown for comparison and discussion. Required texts are *Collected Stories* by Gabriel Garcia Marquez, and *The Road to Tamazunchale* by Ron Arias.

Warren Howe is a US member and a professor of literature.

WOMEN'S LITERATURE: A JURY OF HER PEERS (018) 1:30-3:30 p.m.

We will use Elaine Showalter's 2009 book *A Jury of Her Peers: American Women Writers*, the first literary history of American women writers. Anne Bradstreet, Mary Rowlandson, Emma Lazarus, Margaret Fuller, and Harriet Beecher Stowe are just a few of the many authors we will read and discuss. This class covers the first half of the text, with a second, optional class continuing in the spring. Required text is *A Jury of Her Peers: American Women Writers* by Elaine Showalter.

Jane Ellen Maddy is a US member and Associate Professor Emeritus of the UMD Department of Psychology and Mental Health.

GEOLOGY AND HISTORY (019) 1:30-3:30 p.m.

This class will start with the geology of the North West Pacific, including World War II on American soil and in the Aleutian Islands. We'll also cover the geology and people of Eastern Siberia, Japan, and Finland. Then back home to Minnesota to focus on the Iron Range.

Dick Ojakangas is a UMD Professor Emeritus. During his 38 year career he has visited many parts of the world on all seven continents.

SUPERIOR NATIONAL FOREST: A CENTURY OF PUBLIC LAND MANAGEMENT (020) 1:30-3:30 p.m.

Celebrate with the employees of the Superior National Forest during its centennial year. Take a tour through past and present covering topics such as archeology, forest history, land use, ecosystem issues, non-native invasive species, management practices.

Sandy Skrien, Public Service Team Leader in the Superior National Forest, has over 30 years of experience working for the US Forest Service.

HEBREW (021) 3:30-5:30 p.m.

Beginners will study the Hebrew alphabet, while intermediate students will study vocabulary.

Shirley Garber is a US member who loves teaching Hebrew.

WEDNESDAY

EXERCISE FOR SILVER FOXES 8:00-9:00 a.m.

SpHC 33, Monday, Wednesday, and Friday
See the Monday listing for description.

SEATED YOGA (022) 9:00-10:00 a.m.

Traditional yoga modified for students sitting in chairs. It increases flexibility, helps your balance, and improves overall strength. The workout is 52 minutes long. Further information is available at www.strongerseniors.com.

Cheryl Jonason is a US member who enjoys the benefits of working out and getting a parking space in the early morning.

*** LAKE SUPERIOR SHIPWRECKS: FROM THE JOHN JACOB ASTOR TO THE EDMUND FITZGERALD (023)** 9:30-11:30 a.m.

The depth, majesty, and bounty of Lake Superior are unmatched. Equally unmatched is man's ability to control the lake's energy. Hear the stories of many of the accidents and marine casualties from the past, through illustrated narratives and firsthand accounts. This will be a lecture format using electronic slide images and occasional music or other audio effects.

Thom Holden is the Director of the Corps of Engineers' Lake Superior Maritime Visitor Center in Canal Park. He has written numerous articles on Lake Superior shipwrecks, and a book on Isle Royal lighthouses and shipwrecks.

(* *First four weeks only January 13, 20, 27, February 3*)

WEDNESDAY, CONTINUED ...

* **FOUR PRACTICES OF NONVIOLENCE (024)**

9:30-11:30 a.m.

Each session will be dedicated to a different application of nonviolence, beginning with interpersonal relationships and ending with civilian peacekeeping in areas of conflict. We will discuss how nonviolent action affects our physical world, our personal safety, and the changes we would like to see. The course will include video, lecture, discussion, and small group role play.

Donna Howard has practiced nonviolence all her adult life. She has worked as an advocate for marginalized people, founded a Catholic Worker house, disarmed a component of first strike nuclear weapons, and is now co-chair of Nonviolent Peaceforce, which offers unarmed civilian peacekeeping.

(* *Second four weeks only February 10, 17, 24, March 3*)

SOCRATES CAFÉ: CHANGING CONCEPTS OF THE GOOD LIFE IN A LIFESPAN AND HISTORICAL PERSPECTIVE (025) 9:30-11:30 a.m.

This study group will explore how individual members' concepts of the "good life" have changed as they have matured. It will also take a look at how the concept of what constitutes a "good life" has evolved historically. We will use a set of readings and audiovisual materials to stimulate classroom discussion of various viewpoints. Readings will include selections from *The Examined Life* by Robert Nozick, *The Best Things in Life* by Peter Kreeft, and *Living the Good Life* by Gordon Graham.

Ajit Das and **Mara Hart** are US members.

BEGINNING CONVERSATIONAL FRENCH (026)

9:30-11:30 a.m.

This class will be a continuation of the fall term French class. For those of you not in the fall class, if you have had some French, you should fit in just fine, and we welcome you! Required text is *French in 10 Minutes a Day* by Kristine Kershul, with CD-ROM.

Martha Firling is a US member and retired teacher.

PILATES (027) 10:00-11:15a.m. SpHC 33

This class incorporates Pilates Basics, modified for chairs. The Pilates band adds light resistance and strength training for arms and legs. Total workout is 65 minutes. Further information is available at www.strongerseniors.com.

Cheryl Jonason is a US member who enjoys the benefits of working out.

CLASSICS OF AFRICAN CULTURE, POLITICS, AND HISTORY (028) 12:00-2:00 p.m.

This study group will focus on the concept of identity in African civilizations and cultures. We will examine the ways in which Africans experience tradition and change, and will become familiar with classic works that represent current themes in African cultures and societies, such as oral tradition, language, community, post-colonial influence, and gender roles.

Adam Meyer has a PhD in African Literature and has taught at Butler University, Ball State University, the University of Alabama, and currently at UMD. His grandparents are Africanist, and he traveled at a young age to African countries.

LOCAL FOOD FOR A GOOD LIFE (029)

12:00-2:00 p.m.

During this class, you'll meet people from Sivertson Fisheries, Adolph Store, Whole Foods Co-op, Renewing the Countryside, Fitger's Brewhouse, Great Lakes Candy Kitchen, and Johnson Bakery. They will explain how they have adapted their business to the current marketplace.

Facilitator **Debra Hennessy** is a US member who has a great interest in patronizing and promoting local businesses, especially our local food suppliers.

THE INTERSECTION OF POLITICS AND NATURAL RESOURCE CONSERVATION AND ENVIRONMENTAL POLICY IN THE U.S. (030) 12:00-2:00 p.m.

How important is taking care of our environment, compared to education, foreign policy, health care, taxes, and personal rights? We will focus on aspects of the history of conservation and the environmental movement, including the role citizens have played, and the mission of natural resource agencies.

Dave Zentner is a 1959 UMD graduate who has devoted much of his life to volunteering in the conservation and environmental movement.

THURSDAY

SEATED STRETCHING

8:00-9:00 a.m. SpHC 33

Tuesday and Thursday

See the Tuesday listing for course description.

LIFE AND HIV IN AFRICA (031)

8:30-10:30 a.m.

The history of East Africa, the HIV epidemic, HIV and nutrition, and the culture of Maasai tribes will be explored and discussed. The instructor will share stories about his work in Tanzania, and travelogues of his side trips and safaris in Africa. There will be short lectures,

PowerPoint photography presentations, and participation from the class. Some phrases in Swahili will also be learned and used in class! Required text is *Facing the Lion: Growing up Maasai on the African Savanna* by Joseph Lemasolai Lekuton.

Dr. John Kowalczyk is a professor of Health Education and Public Health, with a special interest in international public health. He spent two summers living and working for a non-government organization in Tanzania, East Africa, studying and providing training in HIV prevention education.

* ORCHID GROWING FOR INDOORS AND

OUT (032) 8:30-10:30 a.m.

Get started on growing orchids! Learn about the ease of growing selected species of tropical orchids, and the ideal growing conditions. There will be a guest presentation by specialist Ross Hella, as well as a look at growing hardy native orchids in Minnesota. A nominal cost of one or more orchids and planting media and container may be incurred. There will be lecture, discussion, PowerPoint illustrations, and hands-on demonstrations.

Clayton Oslund has taught for over 25 years in the areas of Agricultural Education, Biology for Teachers, and Plant Physiology/Horticulture. He is a member of the Northland Orchid Club and the American Orchid Society, and personally enjoys growing orchids.

(* First four weeks only January 14, 21, 28, February 4)

* BETWEEN THE CROSS AND THE CRESCENT (33)

8:30-10:30 a.m.

Using videos from the Teaching Company, the class will explore Jewish civilization from the time of Mohamed to Spinoza. It will be an examination of three major Western religions as they interact with each other over the centuries, especially their ability, or inability, to tolerate and even appreciate the “other,” as viewed from the vantage point of the Jewish minority.

Koresh Lakhan is a US member and a retired teacher who is interested in religions and history. **Gary Gordon** is a US member and has been a rabbinical aide at Temple Israel for many years.

(* Second four weeks only February 11, 18, 25, March 4)

SENIOR FORUM (034) 8:30-10:30 a.m.

Using guidelines outlined by Christopher Phillips in his book, *Socrates Café: A Fresh Taste of Philosophy*, participants will engage in a questioning approach to explore topics of their choice, focus on productive dialog, and deepen their own philosophies. This class encourages individual participation, and you’ll enjoy the exchange of ideas.

Margaret Cleveland is a US member and a retired nurse.

TAI-CHI

9:00-10:00 a.m. SpHC 33

Tuesday and Thursday

See the Tuesday listing for course description.

*** RESEARCH AT THE EPA IN DULUTH:**

A HISTORICAL PERSPECTIVE (035)

11:00 a.m.-1:00 p.m.

Research at the Environmental Protection Agency's (EPA) Mid-Continent Ecology Division in Duluth focuses on the development of methods for predicting and assessing the effects of stressors on freshwater resources. A series of presentations will highlight the laboratory's research and test system designs from the late 1960's, when the laboratory was built, to the present. Presentations on key environmental issues will show a range of problems that have been addressed, and how the research has evolved over time.

Bob Spehar has been a research aquatic biologist at EPA's Mid-Continent Ecology for 39 years, conducting and coordinating aquatic toxicity research.

(* *First four weeks only January 14, 21, 28, February 4*)

*** MURDER AND MAYHEM (036)**

11:00 a.m.-1:00 p.m.

Test your powers of deduction as you watch these mystery movies. We will be viewing a series entitled *Foyle's War*. This British mystery series, which boasts a marriage of history and fictional mystery, explores the effects of World War II on the villages of England's vulnerable southern coast. The film will be stopped before the end and we will see if we know "who-done-it."

John Collins is a US member who loves a good murder mystery.

(* *Second four weeks only February 11, 18, 25, March 4*)

NATURE IN WINTER (037) 11:00 a.m.-1:00 p.m.

Take a new look at winter in the Northland, and learn how the local flora and fauna cope with the coldest season of the year. We'll focus on a different aspect of nature each week, including birds, mammals, winter insects, plants, and the night sky. During the last week, we will talk about the welcome signs of spring.

Larry Weber is a US member who has 40 years of classroom teaching experience, and is the author of numerous nature books on butterflies, spiders, and fungi.

FRENCH IMPRESSIONISM (038)

11:00 a.m.-1:00 p.m.

Take a journey through the world and art of French Impressionism, from Monet to Van Gogh. Through lectures, videos, and discussion, we'll learn about the social and historical background of the period. We'll look at the paintings of many artists such as Monet, Renoir, Cezanne, Degas, and Van Gogh. Required text is *Impressionism: 50 Paintings You Should Know* by Ines Janet Englemann.

Dona Holloway and **Marge Longstreth** are US members who love the fine arts, and Impressionism in particular.

OUT OF AFRICA: THE STORY OF HUMAN EVOLUTION (039) 1:30-3:30 p.m.

Learn about the evolution of *Homo sapiens*, starting with an overview of science, evolution, geology, and fossilization. This class will discuss relative and absolute time, man's early relationship to simple tools, and the recent use of DNA to track our evolutionary history. We'll go back 60 million years, as well as look to the future, because evolution never stops!

John Moeller is a US member and retired natural science teacher, active outdoorsman, photographer, traveler, and hiker.

POWER OF STORY (040)

1:30-3:30 p.m.

Limited to 15 members, time will be spent each week orally relating stories of life experiences. Information and guidance from the book *Storycatchers*, by Christina Baldwin, will be presented. Journaling will be encouraged.

Myrna Matheson is a US member and retired elementary school teacher who loves reading, telling, and hearing stories.

THURSDAY, CONTINUED ...

SKIING (041)

1:30-3:30 p.m.

Get out and ski this winter with US friends! Each week is an opportunity to try a different ski trail, which will be determined by the snow conditions, and may include Boulder Lake, Bagley, Snowflake Nordic Center, Piedmont Ski Trail, and many others. Members are able to ski at their own pace with others who enjoy what winter has to offer. Most of the trails require a Minnesota Ski Pass. The first day of class we'll start by meeting in a campus classroom to discuss the trails and our plans for the term.

Lou Anne Siefert and **Judy Rudman** are US members who enjoy being out on the ski trails, and exploring the area with others.

GREAT BOOKS (042)

1:30-3:30 p.m.

This study group will help members "dig into" some of the great ideas in our past. We will read and discuss selected works of Anton Chekov, Shirley Jackson, Lisel Mueller, Eavan Boland, and others. Required text is *Great Conversations 4* by the Great Books Foundation.

Ron Kyllonen is a US member who likes to read and explore the written word.

FRIDAY

EXERCISE FOR SILVER FOXES

8:00-9:00 a.m. SpHC 33

Monday, Wednesday, and Friday

See Monday for description.

THE BROTHERS KARAMAZOV AND DOSTOYEVSKY (043)

9:30-11:30 a.m.

We will read and discuss the book, *The Brothers Karamazov*. We will also learn about the author, Fyodor Dostoyevsky, including his early life, his politics, his love life, his techniques, and the themes of his writing. The history of his time and his homeland of Russia will add to our understanding. Required text: *The Karamazov Brothers*, by Fyodor Dostoyevsky.

Bill Miner is a US member with a life long interest in literature.

CONTINUING CONVERSATIONAL FRENCH (044)

9:30-11:30 a.m.

This class is a continuation of the fall term French class. Don't hesitate to join us if you possess some basic French language skills! Continued oral conversational practice, pronunciation, and verb conjugations will be emphasized. Required workbook is *French in 10 Minutes a Day*, with accompanying interactive CD-ROM.

Martha Firling is a US member and retired teacher.

ART STUDIO: WATERCOLOR (045)

9:30 a.m.-12:00 noon ABAH 125

This study group is designed for the serious beginner or current artist who enjoys perfecting skills in an open studio. Lessons will consist of painting demonstrations by the instructor and several guest artists, with plenty of time for individual help and encouragement. Limited to 20.

Edna Blanchard is a US member and watercolor artist.

LEONORE'S OPERAS (046)

9:30-11:30 a.m.

More operas? You bet. There is a long list to go before we run out. Let's try G. Puccini's *Turandot*, P. Tchaikovsky's *Eugen Onegin*, and R. Wagner's *Tannhaeuser*. As always, great stories and beautiful music.

Leonore Baeumler is a US member who enjoys sharing her love for opera.

JOURNEY JARGONS

Journey Jargons feature slides and personal experiences of trips taken by University for Seniors (US) members and guests. Journey Jargons are held on selected Mondays at 11:30 a.m. in the Rafters. They are free and open to the public.

JANUARY 25 “ITALY: FROM NORTH TO SOUTH”

Sit back, relax, and let **Susan and Charlie Nelson** take you on a delightful tour of Italy, from Lake Como to Sorrento. Italian art and cuisine will be highlighted, including the Slow Food movement. They will also share ideas on creating a photo book of your trip.

FEBRUARY 8 “ICELAND: FIRE AND ICE!”

Marlene Johnson’s presentation will feature the wonderful open spaces, mountains, and unspoiled nature of Iceland. She’ll also show you the charm of Reyjavik, where US members enjoyed a five-day trip last June.

FEBRUARY 15 “RUSSIA: ST. PETERSBURG AND MOSCOW-PALACES OF POWER, PALACES OF PRAYER”

Donna Effinger will focus on the amazing architecture and art in St. Petersburg and Moscow. She has many pictures and stories to share from her August 2009 trip to Russia, just one of 30 countries she has visited in her life.

LECTURES

Lectures cover a myriad of topics, and are followed by a question and answer session. They are held on selected Mondays at 11:30 a.m. in the Rafters, unless otherwise noted. They are free and open to the public.

FEBRUARY 1 “THE HUMAN GENOME PROJECT: UPDATE AND ITS FUTURE”

Steve Hedman, professor of biology, has returned to the UMD Biology department after 18 years in administration as Associate Dean of the Graduate School and Associate Vice Chancellor for Academic Administration. He has returned to his biology interests and the fascination of the human genome project.

FEBRUARY 22 “MINNESOTA STATE PARKS”

Paul Sundberg was a park ranger for 35 years both at Cascade River State Park and at Gooseberry Falls State Park. He is an avid outdoorsman and photographer. Paul has photographed many areas of the state, and will speak on the beauty found in different state parks in Minnesota.

MARCH 1 “THE CHANGING NEWS MEDIA” IN KPLZ 311

Rob Karwath, publisher of the Duluth News Tribune (DNT), will update us on what is happening at our hometown paper. Rob has gone from paperboy for the Boston Globe to the newest publisher of the DNT, with positions as circulation manager and general manager of the community newspaper group along the way.

SPECIAL EVENTS

FALL APPRECIATION AND KICK-OFF LUNCHEON – WINTER TERM

Wednesday, December 2, 2009, 11:30 a.m. in Kirby Student Center Ballroom

Doors open at 11:30 a.m. to allow time to visit with winter term study group leaders. We are “rounding up” the 2009-10 council members to share all the opportunities this peer-led program offers. For reservations, call Carole at 726-7637, or Clara at 726-7515. Reservation deadline is Wednesday, November 25 to sign up for this free event.

STUDY GROUP LEADERS AND ASSISTANTS ORIENTATION

Tuesday, January 5, 9:30 a.m. in KPlz 311

NEW MEMBERS ORIENTATION

Wednesday, January 6, 9:30 a.m. in KPlz 311

NEW MEMBERS WELCOME

Monday, January 11, 11:00 a.m.-noon, coffee and treats in KPlz atrium.

Come and welcome our newest members.

TOUR OF UMD LABOVITZ SCHOOL OF BUSINESS AND ECONOMICS

Wednesday, January 20, 2:45 p.m.

Take a guided tour of this new “green” campus building, with an opportunity to ask questions. Meet in LSBE 118 Lecture Hall.

TOUR OF DULUTH HERITAGE SPORTS CENTER

Wednesday, January 27, 2:30 p.m. at 120 South 30th Avenue West

Opened in 2007 for youth sports and the Girls and Boys Clubs, this is the cornerstone of the Heritage Village Development at the old Clyde Iron property.

DINNER AND THEATER

Thursday, February 11, UMD Marshall Performing Arts Center

Enjoy a taco buffet dinner at 6:00 p.m. in the Garden Room for \$8 per person. Then watch the opening night performance of *Action/Reaction*, an engaging dance concert that blends vibrant movement with a theatrical sensibility. The creative work of UMD students and faculty will be showcased, as well as amazing guest artists Edisa Weeks and Chloe Arnold.

TOUR OF WOODLAND HILLS

Wednesday, February 17, 1:00 p.m.

Learn about Woodland Hills, a youth residential facility that offers peer group treatment programs and services. They have received many awards of excellence for their successful treatment programs. Meet in the parking lot in front of Woodland Hills, 4321 Allendale Avenue.

WINTER APPRECIATION AND SPRING

KICK-OFF LUNCHEON

Wednesday, February 24, 11:30 a.m. in Kirby Ballroom

Your choice of Chicken Dijon or Cheese Ravioli entrees; free to US members.

SPECIAL INTEREST GROUPS (SIGS)

are open only to paid US members. Call the contact person for more information.

BRIDGE

Fridays, 12:30 – 3:00 p.m. in KPlz 303

Meets each Friday afternoon when US is in session.

New members are encouraged to join.

Joan Varda, 218/728-3981

Karen Erickson, 218/727-5851

READING THE CLASSICS is a small informal group who choose a classic to read and discuss once a month. For more information please call Joan Setterlund at 218/728-4986 or Warren Howe at 218/722-7200.

FRIDAY MOVIES

12:30 p.m. in KPlz 311; Clarice Roseen, 218/722-1147

UNIVERSITY FOR SENIORS WINTER 2010 REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Home Telephone _____ Cell Phone _____ E-mail _____

In case of emergency call (name and phone number) _____

I grant permission to print my contact information in the US member directory. yes no

DECEMBER 4 IS THE DEADLINE FOR EARLY REGISTRATION.

Please register only for the classes you plan on attending. If a class is oversubscribed, you will be notified that you are waitlisted for that class. Registrations received after December 4 will be placed in open classes or added to the waiting lists.

Mail your registration form to: Continuing Education
1049 University Drive
104 Darland Administration Building
Duluth, MN 55812

Deliver your registration form to: Continuing Education Registration Window
104 Darland Administration Building

Questions? Contact Carole Schweiger at 218/726-7637

ONLINE REGISTRATION

University for Seniors offers the convenience of online registration.

Visit our Web site at www.d.umn.edu/goto/seniors and click on the online registration link.

The registration site is secure and has the same safety measures in place as other UMD registration systems, which means you don't have to worry about your personal and credit card information falling into the wrong hands.

MEMBERSHIP OPTIONS

Please indicate which fees are enclosed:

- Annual Membership (paid fall term)
 Conversion to annual membership \$180
(Paid term membership fall term)
 Term member \$110

NOTE: If you would like to attend US classes but need financial assistance, please contact the University for Seniors office at 218/726-7637 for a scholarship application.

OPTIONAL CONTRIBUTION TO UMD/US FOUNDATION

Please enclose a separate check and indicate the amount of your tax deductible contribution. \$ _____

PAYMENT METHOD

Total included: \$ _____ Please indicate payment method:

Online Check (payable to UMD/US) Check # _____

Credit Card (circle one) VISA Mastercard Discover/Novus

Card # _____ Exp. Date _____

Signature _____

STUDY GROUP REGISTRATION - WINTER 2010

Please type or print. Detailed instructions are below.

MONDAY

_____ 001	8:00	Exercise for Silver Foxes (MWF)
_____ 002	9:00	Anecdotes, Incidents of Military History
_____ 003	9:00	Prescription Medications <i>(2nd 4 wks Feb 8, 15, 22, Mar 1)</i>
_____ 004	9:00	Railroad Passenger Train Service
_____ 005	11:30	Strengthening
_____ 006	1:00	NRRI Environmental Programs
_____ 007	1:00	Kurdistan and Iraq
_____ 008	1:00	Singing for the Singing-Impaired

_____ 024	9:30	Four Practices of Nonviolence <i>(2nd 4 wks Feb 10, 17, 24, Mar 3)</i>
_____ 025	9:30	Socrates Cafe: The Good Life
_____ 026	9:30	Beginning Conversational French
_____ 027	10:00	Pilates
_____ 028	12:00	Classics of African Culture, Politics, and History
_____ 029	12:00	Local Food for a Good Life
_____ 030	12:00	The Intersection of Politics and Conservation

TUESDAY

_____ 009	8:00	Seated Stretching (TTh)
_____ 010	8:30	Seeking the Feminine Face of God <i>(1st 3 wks Jan 12, 19, 26)</i>
_____ 011	8:30	Hearing Loss Clinic <i>(2nd 5 wks Feb 2, 9, 16, 23, Mar 2)</i>
_____ 012	8:30	Canada
_____ 013	8:30	Slavery, Lincoln, and the Civil War
_____ 014	9:00	Tai-Chi (TTh)
_____ 015	11:00	Southeast Alaska <i>(1st 4 wks Jan 12, 19, 26, Feb 2)</i>
_____ 016	11:00	Specialty Health Care for Older Adults <i>(2nd 4 wks Feb 9, 16, 23, Mar 2)</i>
_____ 017	11:00	Magical Realism
_____ 018	1:30	Women's Literature
_____ 019	1:30	Geology and History
_____ 020	1:30	Superior National Forest
_____ 021	3:30	Hebrew

THURSDAY

_____ 031	8:00	Seated Stretching (TTh)
_____ 032	8:30	Life and HIV in Africa
_____ 033	8:30	Orchids <i>(1st 4 wks Jan 14, 21, 28, Feb 4)</i>
_____ 034	8:30	Between the Cross and the Crescent <i>(2nd 4 wks Feb 11, 18, 25, Mar 4)</i>
_____ 035	8:30	Senior Forum
_____ 036	9:00	Tai-Chi (TTh)
_____ 037	11:00	EPA Research <i>(1st 4 wks Jan 14, 21, 28, Feb 4)</i>
_____ 038	11:00	Murder and Mayhem <i>(2nd 4 wks Feb 11, 18, 25, Mar 4)</i>
_____ 039	11:00	Nature in Winter
_____ 040	11:00	French Impressionism
_____ 041	1:30	Out of Africa: Human Evolution
_____ 042	1:30	Power of Story
_____ 043	1:30	Skiing
_____ 044	1:30	Great Books

FRIDAY

_____ 045	8:00	Exercise for Silver Foxes (MWF)
_____ 046	9:30	Brothers Karamazov and Dostoyevsky
_____ 047	9:30	Continuing Conversational French
_____ 048	9:30	Art Studio: Watercolor
_____ 049	9:30	Leonore's Operas

WEDNESDAY

_____ 022	8:00	Exercise for Silver Foxes (MWF)
_____ 023	9:00	Seated Yoga
_____ 024	9:30	Lake Superior Shipwrecks <i>(1st 4 wks Jan 13, 20, 27, Feb 3)</i>

THINGS TO REMEMBER WHEN YOU REGISTER:

1. You can register for up to 10 study groups.
2. Prioritize your choices by placing a number next to each study group you select, using #1 as your first choice, #2 as your second choice, etc.
3. Use each number only once, including a separate number for each four-week study group.
4. Select only one study group per time slot unless two four-week study groups are offered at the same time.
5. Failing to prioritize your choices increases the possibility of being waitlisted.