



RCTC Senior Programs
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WINTER - 2019



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Providing adult education, insight, and engagement

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For program information, please phone 507-280-3157
Supported by Rochester Community and Technical College



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RCTC provides accessible, affordable, quality learning opportunities to serve a diverse and growing community

LIFE Chair's Letter



Looking back over the ten or so years I have participated in LIFE, I continue to marvel at the overall growth of the program. Three factors have contributed to that growth. First, LIFE provides an answer to the need for intellectually and socially stimulating activities that are affordable and accessible for an increasing senior demographic. Or, as we call ourselves, **“A health club for the mind and soul.”** Second, LIFE provides a continued quality and variety of classes and cultural trips that allows member to explore new or dormant interests. Third, and perhaps most important, LIFE flourishes under the dynamic leadership of our Director, Chrisanne Pieper, and the dedicated hard work of our volunteer Advisory Board and Committees.

This year should be as exciting as ever with our usual broad spectrum of classes, our cadre of “regular” presenters plus a host of new speakers and March Mardi Gras Party (page 31)- how can you resist? So many classes and trips to take, so many new people to meet, so many opportunities to help run the program. Join us.

As the pace of my life has changed, RCTC LIFE has become my window on the world and my connection to the community.

Brenda Dicken, LIFE Board Chair



Colleen Arnold Janet Bartz Jane Callahan Pat Farrell Jane Hallman Judy Haugen Chad Israelson Carol Kamper Darlene Kelly	LIFE Advisory Board Officers Brenda Dicken Chair Pamela Haase Vice Chair Frank Iossi Secretary	Walt Menning Judy Pease Pixy Russell Julie Stenehjem Chuck Stupca Steve Troutman Bill Wiktor Mary Wilson
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Registration Information



Cost / LIFE Membership

All individuals participating in LIFE classes are required to either be LIFE members or pay an increased fee as a non-member. Membership for the year is **\$25** per person and is in effect August 1 through July 30 each academic year. An additional fee is charged per course or event. Anyone is welcome to join. The only prerequisite is an active interest in learning. There are no educational requirements, no term papers, no tests—everyone succeeds!

All ages are welcome! Gift Certificates are Available!

Faculty

Various courses are led by professional educators, community leaders, and peer volunteers.

Location

LIFE holds classes in comfortable classrooms at the Heintz Center, 1926 College View Drive S.E., in Rochester. The parking is free and very accessible. Small class sizes promote friendly exchanges and quality instructor contact.

Registration

To register for any of the activities in this catalog either

- * Return the registration form by mail to LIFE, 851 - 30th Avenue S.E.-Box 50 Rochester, MN 55904-4999 – **CHECK PAYMENT TO ‘RCTC LIFE’ REQUIRED.**
- * Bring registration to the LIFE Office at Heintz Center, 1926 Collegeview Rd SE, Rm. HC107 —**CHECK PAYMENT TO ‘RCTC LIFE’ REQUIRED.**
- * **Online registration is now available for LIFE members only with credit card payments!! Please call (507) 280-3157 for more information.**

Cancellation and Refund Policy

Class refunds: will only be given **5 business days prior** to the class start date—a \$5 processing fee will be charged. **Trip Refunds:** There will be a 10% processing fee for trips canceled prior to the “no refunds after” date. There will be no refunds for trips after the “no refunds after” date. In the event that a class is canceled due to low enrollment or instructor conflict, refunds will be processed in full. **If Rochester Public Schools or RCTC classes are canceled due to weather, all LIFE classes are canceled—look for cancellations on KTTC. We make every effort to reschedule classes canceled by the weather.** LIFE annual membership fees are non-refundable.

Contact Information:

(507) 280-3157

chrisanne.pieper@rctc.edu

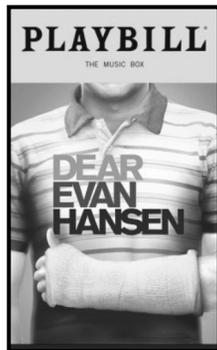
One-Day Trips



"Dear Evan Hansen" at the Orpheum Theatre

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he’s always wanted: a chance to finally fit in. Dear Evan Hansen is the deeply personal and profoundly contemporary musical about life and the way we live it. "One of the most remarkable shows in musical theater history," says The Washington Post. The New York Times calls Dear Evan Hansen “a gut-punching, breathtaking knockout of a musical” and NBC News says that the musical is “an inspiring anthem resonating on Broadway and beyond. Dear Evan Hansen features a book by Tony Award winner Steven Levenson, a score by Grammy, Tony, and Academy Award winners Benj Pasek and Justin Paul (La La Land, The Greatest Showman), and direction by four-time Tony Award nominee Michael Greif (Rent, Next to Normal). Fee includes coach transportation, theatre ticket, and box supper (1/2 turkey sandwich, chips, apple, cookie, water). **No refunds after February 15.**

Location: Northrop School Parking Lot
Date(s): Sunday, June 9 **Time(s):** 4:30-11 pm
Member Fee: \$107



LIFE Winter 2019 Classes



Community	Humanities and the Arts
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Literature



Great Books

The Great Books group will continue to meet monthly, on first Thursdays, for the academic year. It remains one of the best “bargains” at LIFE!! You pay one fee in the fall for the entire year! Although we seldom have many openings, we do enjoy having new members! Currently our regular reading is taken from both classical and current literature as provided by the respected Great Books Foundation.

Facilitators: Bob Morse, Marita Heller

Location: Heintz Center Rm. HA112 Session(s): 3

Date(s): Thu, Jan. 3, Feb. 7, Mar. 7 Time(s): 10 am-Noon

Member Fee: \$40 Non-Member Fee: \$50



Invite a friend to try LIFE!

All ages are welcome.

Bring a friend to any two-hour class for *free!*

Good for ONE class per new participant!

One-Day Trips



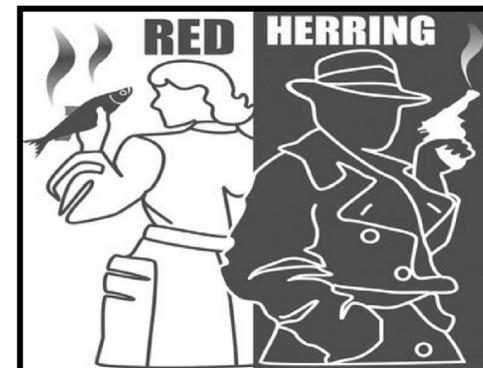
"Red Herring" at the Ives Auditorium in Bloomington

Three love stories, a murder mystery, and a nuclear espionage plot converge in this comedy about marriage and other explosive devices. It's 1952: America's on the verge of the H-bomb, Eisenhower's on the campaign trail, and Senator Joe McCarthy's daughter just got engaged to a Soviet spy. A sharp-eyed look at love and tying (and untying, and retying) the knot. "Hilarious. A fun, farcical romp with a cleverly plot and loving heart." Philadelphia Inquirer. Fee includes coach transportation, theatre ticket, and lunch at the Minnesota Masonic Heritage Center (Creamy Chicken breast with roasted red potatoes and sides to match along with a dessert and beverage). **No refunds after February 10.**

Location: RCTC Regional Sports Center-Parking Lot

Date(s): Thursday, April 18 Time(s): 10 am-5 pm

Member Fee: \$82



One-Day Trips



Bell Museum and "Art in Bloom" at the Mia

The Minneapolis Institute of Art (Mia) will celebrate the arrival of spring by pairing thousands of flowers with timeless art for the annual Art in Bloom festival. Presented by Friends of the Institute and now in its 36th year, Art in Bloom will showcase 165 fresh floral arrangements inspired by works of art in Mia's collection. After the Bell Museum, we will travel to the Lyndale Bachman's for lunch and browsing, and then to Mia for a Mia Guided Tour. Fee includes coach transportation, Bell Museum tour, and lunch at Patrick's Bakery and Cafe (three choices) in the Lyndale Bachman's, and a guided tour of Art in Bloom. **No refunds after March 15.**

Location: RCTC Regional Sports Center-Parking Lot

Date(s): Friday, April 12 Time(s): 9 am-5 pm

Member Fee: \$86



Humanities and the Arts



Winter Movie: Won't You Be My Neighbor?

Charmingly soft-spoken and yet powerfully incisive expressing his profound ideals, Fred Rogers was a unique presence on television for generations. Through interviews of his family and colleagues, the life of this would-be pastor is explored as a man who found a more important calling to provide an oasis for children in a video sea of violent bombardment. That proved to be his landmark series, Mister Rogers' Neighborhood (1968), a show that could gently delve into important subjects no other children's show would have dared for that time. In doing so, Rogers experienced a career where his sweet-tempered idealism charmed and influenced the world whether it be scores of children on TV or recalcitrant authorities in government. However, that beloved personality also hid Rogers' deep self-doubts about himself and occasional misjudgments even as he proved a rock of understanding in times of tragedy for a world that did not always comprehend a man of such noble character.

Location: Heintz Center HB117

Date(s): Wednesday, January 9 Time(s): 1-3 pm Session(s): 1

Member Fee: No Charge Non-Member Fee: \$3



Humanities and the Arts



Plato's Early Dialogues: Crito

In this series of classes, we'll be reading through Plato's early dialogues. These dialogues are often heralded as the beginning of Western philosophy, and they remain an excellent introduction to philosophical problems concerning ethics, religion, the soul, immortality, civil disobedience, and even the meaning of life.

3. Crito: Why Should We Obey Laws We Disagree With?

4. Meno: How is Knowledge Possible, Anyway? (Spring)

5. Phaedo: Is there Life After Death? (Spring)

Reading: The dialogues we will be reading are available for free online (I will make links available), or as affordable paperbacks. The lectures for the course will be based on the following translation: Plato, 2002, *Five Dialogues: Euthyphro, Apology, Crito, Meno, Phaedo*. 2nd ed. Trans. GMA Grube. Indianapolis: Hackett Publishing. (currently \$9 on Amazon).

Instructor: Brendan Shea PhD

Location: Heintz Center Rm. HA112 Session(s): 1

Date(s): Monday, January 14 Time(s): 1-2:30 pm

Member Fee: \$9 Non-Member Fee: \$15



Brendan Shea, PhD, is an Instructor of Philosophy at RCTC. He also serves as a Resident Fellow at the Minnesota Center for Philosophy at UM-Twin Cities, and as a Public Member on the Institutional Biosafety Committee at Mayo Clinic. Brendan has published numerous articles and book chapters concerning ethics, the philosophy of science, the history of philosophy, and other issues. He currently lives in Rochester with his wife Anne.

One-Day Trips



"Mamma Mia!" at the Chanhassen Dinner Theatre

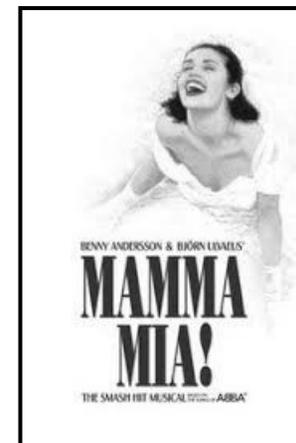
Mamma Mia!, the international smash hit stage musical is coming to the Chanhassen! More than 60 million people in 44 countries have experienced the Tony Award-winning musical, now a worldwide phenomenon. Set on an idyllic Greek island, Mamma Mia! follows a mother, her daughter, and three possible dads on an unforgettable trip down the aisle. This beloved story is told through some of ABBA's greatest hits like "Take a Chance on Me," "SOS," "Dancing Queen," and of course "Mamma Mia." Fee includes coach bus transportation, lunch (choice of seven entrees), and theatre ticket (front and center!)

No refunds after April 1.

Location: RCTC Regional Sports Center-Parking Lot

Date(s): Wednesday, April 10 Time(s): 9:30 am-5:30 pm

Member Fee: \$96



One-Day Trips



“Sisters of Peace” at the St. Paul History Theatre

Today, yesterday & beyond. Wednesday nights on the Lake Street Bridge, you can always find a handful of people marching with colorful signs and protesting for peace. Among them, you’d find the McDonald sisters Brigid, Jane, Rita and Kate: legendary peace activists, who grew up as sisters in a large Irish farm family in Hollywood Township, Minnesota. The four sisters all entered the convent and became Catholic nuns who devoted their lives to teaching and peace activism. That’s only part of the story. Their incredible lives come to life in this stirring play that take us on a journey from the security gates of Honeywell Corporation, to the School of the Americas and back to the steps of the Cathedral of St. Paul. Wherever there is injustice, the chances of bumping into the McDonald sisters are high. THIS IS THEIR STORY! A story of love, passion, and compassion – all with a sense of humor that comes from their wonderful Irish upbringing! These Sisters of Peace are Minnesota legends, for sure! Fee includes coach transportation, theatre ticket, and lunch at Herbie's on the Park. **No refunds after February 21.**

Location: RCTC Regional Sports Center-Parking Lot
Date(s): Thursday, April 4 **Time(s):** 8 am-4 pm
Member Fee: \$86



Humanities and the Arts



The Lady and the Unicorn: the story behind the art

Sometimes called the Mona Lisa of woven artwork, The Lady and the Unicorn is a set of six tapestries now housed in the Museum of the Modern Age in Paris. The tapestries have inspired novels, songs and have even been featured in Harry Potter films. Woven of silk and wool in Flanders during the early 16th century, the tapestries have a famous history along with conflicting explanations of their meaning. They are believed to have been commissioned by a prosperous member of the French noble LaViste family in the late 1400s and created from drawings, or "cartoons," created in Paris. Each of the six panels features a slim, blonde woman with a unicorn to her left and a lion to her right. Pixy will describe the art and early utility of tapestries and how they were designed and woven. The focus will then shift to The Lady and the Unicorn: Who is she?; What is the symbolism of the illustrations?; Why a unicorn?; A lion? Other animals/birds?; Where were the tapestries used? Made?; and How big are the tapestries?

Instructor: Pixy Russell **Location:** Heintz Center Rm. HA112
Date(s): Thursday, January 17 **Time(s):** 1-3 pm **Session(s):** 1
Member Fee: \$13 **Non-Member Fee:** \$21

Priscilla (Pixy) Russell taught English and Speech in high school and college (RCC at the time) then joined Mayo Clinic in 1989 where she worked in Public Affairs as a patient education writer, magazine editor, and for the last 10 years as a manager of Internal Communications. She has a B.S. in English and History and an M.S. in English from Minnesota State University, Mankato. She is past chair of the LIFE board and a current member of the board.

Current Affairs



China and the Big Trends, The Era of Xi Jinping and Donald Trump: A Declining Global Power Faces a Rising Global Power in a Fast-Changing Multipolar World

This session will focus on demographic, economic and social trends in China and implications for the relationship with the United States. Emphasis will be on factors influencing changes in China, taking a step away from current events to explore areas of both opportunity and challenge for this important bilateral relationship.

**Instructor: Sherry Gray PhD Location: Heintz Center Rm. HB113
Date(s): Friday, January 18 Time(s): 10 am-Noon Session(s): 1
Member Fee: \$15 Non-Member Fee: \$25**

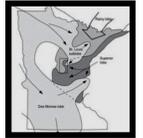
Dr. Sherry Gray just retired as Director of International Programs and Lecturer in the Global Policy Area at the U of MN's Humphrey School of Public Affairs. She joined the Humphrey School in 2008 after several years of consulting on international relations education and programs, most notably on Ford Foundation and CEEVN projects to support undergraduate teaching of international relations. Gray previously served as a program officer at the Stanley Foundation, where she was responsible for the Emerging from Conflict program. There, she developed activities to facilitate improved dialogue between U.S. government and nongovernment foreign policy analysts and their counterparts in China, Cuba, Iran, North Korea, and Vietnam. From 1992 to 1995, Gray was executive director of the Program for International Studies (PISA), which promoted international relations education and exchange programs in China, Mongolia, and Vietnam. Gray has taught international and comparative politics at Providence and Macalester colleges and at the universities of Louisville, Minnesota, Wisconsin-River Falls and Port Harcourt (Nigeria). She lived and worked for a number of years in China, teaching English and studying Chinese at Liaoning University. Gray has a B.A. from the University of Colorado and an M.A. and Ph.D. from the Josef Korbel School of International Studies at the University of Denver.

Nature and Ecology



Pre-contact Archaeology of Southeast Minnesota

What was life like in Minnesota at the end of the Ice Age? How did it change after the ice retreated? How did people live before agriculture? We'll take a look at Minnesota from 13,000 years ago, up to the contact era, with a focus on the earlier hunter-gatherer occupants of the region from the Ice Age up to about 1000 AD.



Instructor: Constance Arzigian PhD

Location: Heintz Center Rm. HB117

Date(s): Friday, March 29 Time(s): 10 am-Noon Session(s): 1

Member Fee: \$13 Non-Member Fee: \$21

The Origins of Agriculture in the Midwest

Did you know that people were domesticating native plants here in the Midwest long before the introduction of corn from Mexico? We'll look back about 7000 years ago and end with full-scale corn/beans/squash agriculture about 1000 AD.



Instructor: Constance Arzigian PhD

Location: Heintz Center Rm. HB117

Date(s): Friday, March 29 Time(s): 1-3 pm Session(s): 1

Member Fee: \$13 Non-Member Fee: \$21

Dr. Connie Arzigian is a lecturer in the Archaeology and Anthropology Department at University of Wisconsin--La Crosse. In 2010 she led a regional archaeological survey of Olmsted County. Her focus of research is on Midwestern Archaeology and Paleoecology, examining subsistence and settlement systems, and the origins of agriculture.

Health and Science



Natural Hacks to Support Memory

Join Natural Grocers' Nutritional Health Coach to learn how to support your brain and memory with nutrition. While age-related cognitive decline might seem inevitable, it doesn't have to be. The formula for supporting our brain and memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan. Healthy snacks and recipes will be provided during class. Following the class, stick around for a store tour of Natural Grocers.



Instructor: Jordan Tredinnick, Nutritional Health Coach

Location: Natural Grocers, 1507 Greenview Drive SW

Date(s): Thu, March 28 Time(s): 10:30 am-Noon Session(s): 1

Member Fee: \$No Fee Non-Member Fee: \$No Fee

Jordan Tredinnick has been working for Natural Grocers since February of 2017 as their Nutritional Health Coach. She received her Masters of Science in Human Nutrition from the University of Wisconsin-Stout. Prior to studying and working in the nutrition industry, she studied and worked full-time in the fitness industry as a personal trainer and group fitness instructor.

Current Affairs



North Korea, the US, and why Geopolitics Still Matters in a Globalized World

In this session we will examine the recent history of the Korean Peninsula and developments in relations among the "6 powers" in the era of Presidents Trump and Moon.



Instructor: Sherry Gray PhD Location: Heintz Center Rm. HB113

Date(s): Friday, January 18 Time(s): 1-3 pm Session(s): 1

Member Fee: \$15 Non-Member Fee: \$25

Dr. Sherry Gray just retired as Director of International Programs and Lecturer in the Global Policy Area at the U of MN's Humphrey School of Public Affairs. She joined the Humphrey School in 2008 after several years of consulting on international relations education and programs, most notably on Ford Foundation and CEEVN projects to support undergraduate teaching of international relations. Gray previously served as a program officer at the Stanley Foundation, where she was responsible for the Emerging from Conflict program. There, she developed activities to facilitate improved dialogue between U.S. government and nongovernment foreign policy analysts and their counterparts in China, Cuba, Iran, North Korea, and Vietnam. From 1992 to 1995, Gray was executive director of the Program for International Studies (PISA), which promoted international relations education and exchange programs in China, Mongolia, and Vietnam. Gray has taught international and comparative politics at Providence and Macalester colleges and at the universities of Louisville, Minnesota, Wisconsin-River Falls and Port Harcourt (Nigeria). She lived and worked for a number of years in China, teaching English and studying Chinese at Liaoning University. Gray has a B.A. from the University of Colorado and an M.A. and Ph.D. from the Josef Korbel School of International Studies at the University of Denver.

History



War of 1812

This is a revision of a session presented winter of 2014. Since then Bob has dealt with Jefferson, Madison, Burr, Monroe, Adams (J.Q.), and Jackson. He has discovered that this frequently ignored war involved all of these early national leaders in ways that fundamentally changed the rising national identity of the United States. It drew the young nation into the dramatic rise of aggressive European imperialism. This war was also central to the future of Native American societies.



Instructor: Bob Beery PhD Location: Heintz Center HB117
Date(s): Tue, January 22 Time(s): 10 am-Noon Session(s): 1
Member Fee: \$13 Non-Member Fee: \$21

Bob Beery, Ph.D., is a retired educator with degrees from the University of Minnesota. He was Curriculum Director with the Rochester Public Schools and worked on national and state curriculum- development projects. His professional publications deal with the teaching of history and social studies. In retirement, he has served as an adjunct faculty member at the U. of M., WSU, RCTC, and Saint Mary's University.

Invite a friend to try LIFE!

All ages are welcome.

Bring a friend to any two-hour class for *free!*

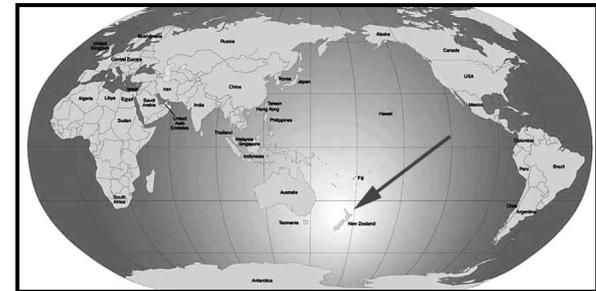
Good for ONE class per new participant!

Travel Adventures



Personal and Cultural Impressions of New Zealand

Ivonne visited New Zealand in 2017, the Maori name is Aotearoa: “the land of the long white cloud”; visiting Auckland, Hobbiton, Queenstown, Aoraki Mount Cook National Park, Lake Te Anau, Tekapo, Lake Wakatipu, Mount John Observatory, the International Antarctic Center and Christchurch. You will take a look into New Zealand’s indigenous culture and natural beauty.



Instructor: Ivonne Tjoefat, RCTC Emeritus Professor
Location: Heintz Center Rm. HA112
Date(s): Wednesday, March 27 Time(s): 1-3 pm Session(s): 1
Member Fee: \$13 Non-Member Fee: \$21

RCTC Professor Emeritus in Psychology and currently Assistant Professor in Psychology at SMU. Ivonne was born in Suriname, South America. Did her undergraduate and graduate studies in the Netherlands. Came to the USA as a visiting professor at Bunker Hill Community College in Boston, then moved to Minnesota first working as a counselor at the University of MN, Morris and in 1994 as fulltime instructor in psychology at RCTC. One of her passions is traveling; so far she has traveled to 33 countries. Her most recent one to Central America (Belize, Honduras and Guatemala).

History



The Romanovs

In July of 2018 Russia commemorated the centennial of the brutal massacre of Emperor Nicholas II and his family. The 300-year history of the Romanovs continues to engage historians and challenge the political sentiments of contemporary Russians. We will look at the long history of this illustrious dynasty and consider their legacy in Russia today. **Fee includes bag lunch if you register before March 18.**

Instructor: Thomas Emmert PhD, Smithsonian Historian

Location: Heintz Center Rm. HB117 Session(s): 1

Date(s): Mon, March 25 Time(s): 10 am-Noon,12:30-2:30 pm

Member Fee: \$35 Non-Member Fee: \$45

Thomas Emmert, Ph.D., Professor Emeritus at Gustavus Adolphus College, is an historian of Russia and Eastern Europe. Professor Emmert received his B.A. in history from St. Olaf College and his M.A. and Ph.D. in Russian and Balkan history from Stanford University. He has had visiting appointments at the University of Zagreb, the University of Minnesota and Stanford University. A member of Phi Beta Kappa, he has been awarded research fellowships from the Fulbright Program, the Woodrow Wilson Foundation, the Ford Foundation, and the National Council For Eurasian and East European Research. His publications include "Serbian Golgotha: Kosovo, 1389" (1990) and, most recently, "The Scholars' Initiative: Confronting the Yugoslav Controversies"(2009), a collaborative project of scholars from around the world dedicated to providing an objective analysis of what happened to Yugoslavia at the end of the 20th Century. For 38 years Professor Emmert taught popular courses in Western Civilization, the Balkans, Imperial and Modern Russia, the Ottoman Empire, and a highly regarded seminar on Stalin for senior history majors.

History



The Bank at Owatonna

The National Farmers Bank in Owatonna, Minnesota was designed and built between 1906 and 1908 by noted architects Louis Sullivan and George Elmslie. It quickly became identified as one of their most recognized works, and it is now a National Historic Landmark. We will discuss the designers, the owners of the bank, and the architecture of the building.



Instructor: Ken Allsen Location: Heintz Center Rm. HB117

Date(s): Wednesday, January 23 Time(s): 1-3 pm Session(s): 1

Member Fee: \$13 Non-Member Fee: \$21

Ken Allsen is a freelance architectural historian, author and artist. He has taught LIFE classes for a number of years covering topics in architectural and local history.

Literature



LIFE Book Group

January's book will be "Putin Country: A Journey into the Real Russia" by Anne Garrels. February's book is "Victoria, The Queen: An Intimate Biography of the Woman Who Ruled an Empire" by Julia Baird. March's book is "King Leopold's Ghost: A story of greed, terror and heroism in colonial Africa" by Adam Hochschild.



Facilitator: Steve Troutman Location: Heintz Center Rm. HA112

Date(s): Fri, Jan. 25, Feb. 15, Mar. 15 Time(s): 10 am-Noon

Session(s): 3

Member Fee: \$5 Non-Member Fee: \$10

www.learningisforever.net

Travel Adventures



Personal and Cultural Impressions of Australia

Ivonne traveled to Australia-The Land Down Under in 2017 visiting the most multi-cultural cities of Melbourne, Adelaide and Sydney. She learned about the history of Chinatowns, journeying the length of the Great Ocean Road, one of the world's greatest coastal drives and exploring the magnificent Sydney Opera House.



Instructor: Ivonne Tjoefat, RCTC Emeritus Professor

Location: Heintz Center Rm. HA112

Date(s): Wednesday, March 20 Time(s): 1-3 pm Session(s): 1

Member Fee: \$13 Non-Member Fee: \$21

RCTC Professor Emeritus in Psychology and currently Assistant Professor in Psychology at SMU. Ivonne was born in Suriname, South America. Did her undergraduate and graduate studies in the Netherlands. Came to the USA as a visiting professor at Bunker Hill Community College in Boston, then moved to Minnesota first working as a counselor at the University of MN, Morris and in 1994 as fulltime instructor in psychology at RCTC. One of her passion is traveling; so far she has traveled to 33 countries. Her most recent one to Central America (Belize, Honduras and Guatemala).

Current Affairs



South Africa's Fragile Democracy

The African National Congress (ANC) party has governed South Africa since the end of apartheid in 1994. But the party today suffers from popular frustration over official corruption and economic stagnation. It faces growing threats from both left and right opposition parties, even as intraparty divisions surface. Given America's history of opportunistic engagement with Africa, there are few prospects for a closer relationship between the two countries.

Instructor: Judge LaJune Thomas Lange (retired)

Location: Heintz Center Rm. HB117

Date(s): Tuesday, March 19 Time(s): 1-3 pm Session(s): 1

Member Fee: \$15 Non-Member Fee: \$25

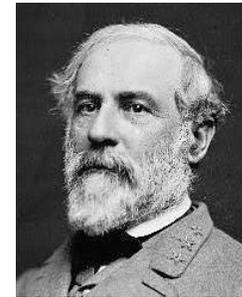
Judge Lange, a retired State of MN Trial Court Judge, is an internationally-recognized expert in Human Rights and International Development conducting assessments and programs in Qatar, Tanzania, Rwanda, Brazil, Malawi, Norway, Kenya, the Caribbean and other parts of the world. She is the founder and President of the LaJune Thomas Lange International Leadership Institute, she develops legal, health, and education programs while facilitating economic and intercultural exchange. Currently, she serves as Honorary Consul for South Africa, representing South Africans in MN fostering partnerships and economic development. She also serves the Board of Regents of her alma mater, Augsburg College; and has served as an adjunct professor of civil and human rights at William Mitchell College of Law. She is also a senior fellow with the Roy Wilkins Center for Human Relations and Social Justice. She has served as Co-Vice Chair of the MN Supreme Court Task Force on Racial Bias in the Courts, the MN Supreme Court Task Force on Gender Fairness in the Courts, the Women Judges Association, the MN State Bar Association's Board of Governors and the National Bar Association, among others. She is also a founding member of the Minnesota Minority Lawyers Association.

History



Gen. Robert E. Lee, USA/CSA

Robert E. Lee was a U.S. Army officer who served gallantly for America. Then when Southern states began to secede and the Civil War (1861-1865) commenced, Lee chose to lead the military forces of his home state of Virginia against the Union. We will consider Lee's life journey from 1807-1870, his leadership, influence and challenges in the pre-Civil War, Civil War, and his post-Civil War life, thoughts, contributions and controversies.



Instructor: Tom Ostrom, Professor Emeritus, RCTC

Location: Heintz Center Rm. HA112

Date(s): Monday, January 28 Time(s): 1-3 pm Session(s): 1

Member Fee: \$13 Non-Member Fee: \$21

Ostrom is a retired RCTC instructor of geography, history and anthropology; a former member of the U.S. Coast Guard Reserve; an author of several books on naval and coast guard history; and a conservative commentator on KROC-AM radio. He has taught several LIFE classes.

Health and Science



Medical 3D Printing Applications at Mayo Clinic

Learn about how Mayo Clinic radiologists, surgeons, and engineers are working together to provide individualized medical care to our patients. Through the use of advanced medical imaging, like CT and MRI scans, FDA cleared software programs, and commercially available 3D printers and materials, the Anatomic Modeling Laboratory is on track to produce over 2400 3D printed anatomical models in 2018. Topics of coverage include: medical imaging considerations, creation of 3D anatomy from scans, types of 3D printing used in medicine and at Mayo Clinic, areas in which 3D printing is helpful clinically, and future uses of the technology.

Instructor: Amy Alexander MS, Mayo Clinic

Location: Heintz Center Rm. HA112 Session(s): 1

Date(s): Tuesday, January 29 Time(s): 10 am-Noon

Member Fee: \$13 Non-Member Fee: \$21

Amy Alexander is a biomedical engineer in the Mayo Clinic Department of Radiology's Anatomic Modeling Lab. In her role, Amy converts 2-D radiological images into 3-D models. These life-size, patient-specific models help surgeons from different specialties prepare for complex procedures. These models form a bridge for communication and education for patients regarding their surgical plan. She also designs and 3D prints individualized surgical tools, like cutting guides, which improve accuracy and efficiency in the operating room. She is passionate about mentoring high school, college-age and graduate-level students, and provides guidance and helps in their career development. Amy holds a BS in Biomedical Engineering from the Milwaukee School of Engineering, and is earning a MS in Engineering Management and a MBA from MSOE's Rader School of Business. She has served on the SME Medical 3D Printing Workgroup for three years, is a member of the Radiological Society of North America's 3D Printing in Medicine Special Interest Group, and is certified in Additive Manufacturing through SME.

History



Charles Lindbergh: Triumph, Tragedy and Controversy

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.



Instructor: David E. Jones Location: Heintz Center Rm. HA112

Date(s): Mon, March 18 Time(s): 10-11:30 am Session(s): 1

Member Fee: \$10 Non-Member Fee: \$15

David Jones, a resident of Minneapolis, has been presenting on historical topics to a wide range of audiences since 1996. He has made more than 750 presentations to over 20,000 people. He is a native of St. Peter, MN and a graduate of Gustavus Adolphus College.

History



The Lewis and Clark of Canada

Did you know Canada has a Surveyor as famous as Lewis and Clark? Who was this Fur Trader and explorer. How much of the map of his journeys ventures into the Louisiana Purchase?



Instructor: Don Borcharding Location: Heintz Center Rm. HA112
Date(s): Thursday, March 14 Time(s): 1-3 pm Session(s): 1
Member Fee: \$13 Non-Member Fee: \$21

Don Borcharding is a licensed Professional Engineer and Surveyor in Minnesota and Iowa. He is a graduate of Iowa State University, retired as President of Yaggy Colby Associates, Past President of the Minnesota Society of Professional Surveyors, Emeritus.

History



Civil War in Minnesota—The Dakota War of 1862

The Dakota War of 1862 remains the most significant and tragic event in Minnesota history. Learn about the complex causes of this war, what happened during the six week war and what happened to the Dakota people and settlers in the aftermath. Many photographs and the narration will introduce you to key people from both sides involved in the conflict as well as many of the sites associated with the war. Two of the six battles that involved federal troops are considered Civil War battles.



Instructor: Lanny Witter Location: Heintz Center Rm. HA112
Date(s): Wednesday, January 30 Time(s): 1-3 pm Session(s): 1
Member Fee: \$13 Non-Member Fee: \$21

Lanny has given previous LIFE presentations on the Civil War and the Boundary Waters Canoe Area Wilderness. He is retired from IBM and is a member of the History Center and Civil War Round Table. Several trips to many of the Dakota War sites, membership in the Wood Lake Battle Field Preservation Association, and many readings will provide the background for presenting the Dakota War story.

Humanities and the Arts



Four Seasons Serenade

It's music with only strings attached. From 1721, Vivaldi's top effort: his dead-on portraits of every season, with storms, flies, a barking dog, heat, ice, hunting parties, and the poems he wrote to tell us about them. From 1880, Tchaikovsky's String Serenade, likely the greatest work ever for strings alone, as dramatic as only Pyotr himself could make it.



Instructor: Maestro Jere Lantz

Location: Kellogg Middle School Rm. 115, 503 17th St NE

Date(s): Monday, February 4 Time(s): 6-7 pm Session(s): 1

Member Fee: \$6 Non-Member Fee: \$9

Looking back on having spent a third of a century at the helm of RSOC, Jere Lantz wonders both that it has been so long and that it has been so much fun. Throughout the hundreds of concerts he has led in Rochester, Lantz has shown his acumen for imaginative programming and his ability to deliver dynamic and stirring performances. In addition to his leadership in Rochester, Maestro Lantz has served in Minnesota as Music Director of the Minneapolis Pops Orchestra, Minneapolis Chamber Symphony, Kenwood Chamber Orchestra, St. Cloud Symphony Orchestra, and Minnetonka Choral Society. In addition to conducting in regions as widespread as Europe, Asia and Latin America, Lantz has led ensembles from coast to coast, including major symphonies throughout the U.S. Jere Lantz's commitment to telling "the story behind the music" shines through in his program notes for hundreds of programs as well as innumerable appearances in person and through media. Sought for his understanding of music and its role in today's world, he has served as an advisor to the Minnesota State Arts Board, American Composers Forum, Minnesota Public Radio and the Conductors Guild of the League of American Orchestras.

One-Day Trips



The Uff Dah!! Tour

Set out to discover how and why immigrants from Norway, Sweden, Denmark and Finland came to settle in St. Paul and Minneapolis. Learn about Swede Hollow, and Old Muskego Church which was brought from Wisconsin and assembled piece by piece. Why did Ole & Lena settle here, and what is Lefse anyway? After the tour, we will hear and see the history of the sandstone caves. You will explore the original mined caves and see the finished caves (once a romantic night club called The Castle Royal). Hear the legends of the mobster massacres and ghostly lore in the most unique setting from Chicago to San Francisco. (Accessible with ramps and bathrooms.) Fee includes coach transportation, Down in History tour guide on the bus, lunch in the Wabasha Street Caves (Chicken and Dumplings, Little Oven Brown Potatoes, Salad, Honey Glazed Carrots, Rolls and Butter, Dessert Bars, and a beverage), and 45 minute tour of the caves. **No refunds after February 15.**

Location: RCTC Regional Sports Center-Parking Lot

Date(s): Wednesday, March 13 Time(s): 8:15 am-4:30 pm

Member Fee: \$86



Current Affairs



GD 2019 Topic: Refugees and Global Migration

Date(s): Tue, March 12 **Time(s):** 3:15-5:15 pm **Session(s):** 1
Location: Heintz Center Rm. HA112
Member Fee: \$10 **Non-Member Fee:** \$15

GD 2019 Topic: The Middle East: Regional Disorder

Date(s): Tue, March 26 **Time(s):** 3:15-5:15 pm **Session(s):** 1
Location: Heintz Center Rm. HA112
Member Fee: \$10 **Non-Member Fee:** \$15



Stephen Troutman is a Futurist and frequent speaker on a number of diverse topics. At IBM for 33 years, Steve retired as an Executive Consultant in 2010. In the US Navy Reserve for 23 years, he was Commanding Officer of four units, and attained the rank of Captain. He has been a Futurist since 1999. He is an active volunteer serving on several Boards and as a SCORE Mentor to small business. He currently serves on the Advisory LIFE Board.

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Literature



Louisa May Alcott of Concord

"Mr. Niles wants a girl's story," Louisa May Alcott wrote in her journal, "so I plot away, although I don't enjoy this sort of thing. Never liked girls or knew many, except my sisters, but our queer plays and experiences may prove interesting, though I doubt it." 150 years later, yet another film version of "Little Women" is set to open in theaters, and the novel has never been out of print. As remarkable as the success of Alcott's "girl's story" is the literary neighborhood in Concord, Massachusetts from which it came. Alcott and her sisters were taught by Thoreau; Emerson and Hawthorne were the Alcott's neighbors. Bronson Alcott, a pioneer in alternative education, aspired to live a "spotless spiritual life," a life that did not include attention to earning a living. In a New York Times article from 1889, Louisa says, "Twenty years ago I resolved to make the family independent if I could. At forty that is done." Alcott lived an exceptional life at the center of the Transcendentalist Movement, what Susan Cheever would call "American Bloomsbury." Reading Alcott's "Little Women" is suggested, but not required for the class.



Instructor: Vaunceil Kruse, MAE

Location: Heintz Center Rm. HA112

Date(s): Tue, February 5 **Time(s):** 10 am-Noon **Session(s):** 1

Member Fee: \$13 **Non-Member Fee:** \$21

Vaunceil Kruse, MAE, taught AP English in a small, diverse high school in Illinois. After retirement she was Communications Coordinator for NAMI Wisconsin. Since moving to Rochester she has worked as a Mayo Clinic volunteer.

Current Affairs



Election Systems—The Mechanism by which Republics Elect People: Part One

Topics covered in this morning session will be: The Mandate to Rule: the need for elections in a republic; The history of election system development; The varying systems that have emerged; and the public values cultivated by each system.

Instructor: Carol L. Veldman Rudie

Location: Heintz Center Rm. HA112

Date(s): Wed, February 6 Time(s): 10 am-Noon Session(s): 1

Member Fee: \$15 Non-Member Fee: \$25



Election Systems—The Mechanism by which Republics Elect People: Part Two

The afternoon session will cover: An exploration of the preferred public values; A description of the systems that best exemplifies those values; The strengths and weaknesses of those systems; and Where those systems are practiced.

Instructor: Carol L. Veldman Rudie

Location: Heintz Center Rm. HA112

Date(s): Wed, February 6 Time(s): 1-3 pm Session(s): 1

Member Fee: \$15 Non-Member Fee: \$25

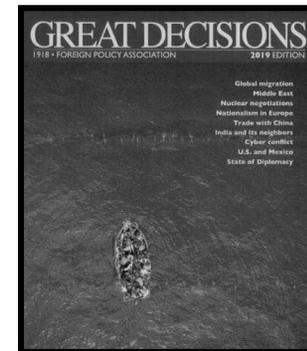
Carol has been presenting these ideas for about 15 years and is an ongoing member of the board of FairVoteMinnesota as well as of the Center for Public Justice (Washington DC), both of which have been advocates for reforming the dominant voting system. She has participated in moving both Mpls. and St. Paul to new systems; the movement is gaining national momentum as well. While Carol has come to advocate a particular form of election reform, her purpose is educational.

Current Affairs



Great Decisions 2019 --Nine Week Series

The 2019 Great Decisions topics are: Refugees and Global Migration; The Middle East: Regional Disorder; Nuclear negotiations: Back to the Future?; The Rise of Populism in Europe; Decoding U.S.-China Trade; India and Its Neighbors; Cyber Conflicts and Geopolitics; The United States and Mexico: Partnership Tested; State of the State Department and Diplomacy. You can register for the 9-topic series or register for individual topics. **Registration for 9-topic series deadline: February 14.**



Instructor: Steve Troutman Location: Heintz Center Rm. HA112

Date(s): Tuesdays, Mar 12,26, Apr 16,30, May 7,14,21, Jun 4,11

Time(s): 3:15-5:15 pm Session(s): 8

Member Fee: \$60 Non-Member Fee: \$75

Stephen Troutman is a Futurist and frequent speaker on a number of diverse topics. At IBM for 33 years, Steve retired as an Executive Consultant in 2010. In the US Navy Reserve for 23 years, he was Commanding Officer of four units, and attained the rank of Captain. He has been a Futurist since 1999. He is an active volunteer serving on several Boards and as a SCORE Mentor to small business. He currently serves on the Advisory LIFE Board.

History



The Great Northfield Bank Raid: Minnesotan's Foil the James-Younger Gang

In late August, early September, one of the most notorious outlaw gangs in history rode into MN intent on robbing a number of prosperous banks in the southern part of MN. The gang was made up of eight and maybe nine of the most infamous desperadoes in the world of banditry. The core of the gang was made up of Jesse and Frank James, along with the three Younger brothers; Cole, Jim and Bob. Why Minnesota? Why now? For ten years the James-Younger Gang had robbed and killed all over the mid-west with impunity, spreading a reign of terror wherever they went. The law, including the Pinkerton Agency was catching up with them. Everywhere they looked they saw WANTED posters offering rewards for their capture; dead or alive. To escape the heat, the gang needed to find a new location for their criminal endeavors. One of the gang members had, at one time, lived in MN and knew that the state's population was composed of hard-working, industrious people, many of them recent immigrants who farmed, ran businesses and put their money in banks that were "fat" with their deposits. The gang also knew that two of their old enemies from the Civil War, a carpet-bagger governor named General Adelbert Ames and his father-in-law General Benjamin Butler had funds in the First National Bank in Northfield. The gang believed that it would be a simple matter to ride into the state, into the banks and make forced withdrawals as they point their guns. They greatly underestimated the ardor and resolve of the people of MN. In the days when there was no FDIC to protect their savings, we the people of MN were not about to let the James-Youngers come into our state and steal our future.

Instructor: Arn Kind Location: Heintz Center Rm. HB117
Date(s): Tuesday, March 12 Time(s): 1-3 pm Session(s): 1
Member Fee: \$15 Non-Member Fee: \$25

Arn Kind has been an educator for 38 years. Arn is a member of the First Minnesota Volunteer Infantry Regiment; a reenactment group based out of Fort Snelling. Because this group is noted for its authenticity, they have appeared in many documentaries and historical feature films such as The Blue and the Gray, North & South, Glory, Gettysburg, Dances With Wolves, and Gods and Generals. Arn brings this authenticity to his presentations. A very important part of Arn's presentations are the artifacts, uniforms and equipment that students will be able to observe, handle, and interact with as part of their hands-on experience in living the history.

Current Affairs



Headliners

LIFE "Headliners" is a discussion group where people gather to listen, to learn, and to engage in an open and thoughtful exchange of ideas, opinions, and information. It is a place to flex the brain, to find gratification in being acknowledged for what you know, and to be humbled by the knowledge of others. Please bring current newspaper/magazine topics you would like to discuss.



Instructor: Steve Frytak Location: Heintz Center Rm. HA112
Date(s): Monday, February 11 Time(s): 1-3 pm Session(s): 1
Member Fee: \$5 Non-Member Fee: \$10

Stephen Frytak is a retired Mayo Medical Oncologist. Steve is a former member of the Learning Is ForEver (LIFE) Advisory Board.

Current Affairs



Great Decisions 2019 Topic : Refugees and Global Migration

Millions of individuals are seeking better lives. How and why they move has become a major political and moral issue throughout the world. The United States is a nation of immigrants. Is this process finished, or will international pressures, demographic changes, and different philosophies become the guiding process for many nations?



Instructor: Todd J. Lefko Location: Heintz Center Rm. HA112
Date(s): Tue, February 12 Time(s): 10 am-Noon Session(s): 1
Member Fee: \$15 Non-Member Fee: \$25

Todd Lefko is the President of the International Business Development Council, an import-export firm. He has homes in Minnesota and Moscow and has worked in Russia for more than 25 years. His weekly articles appear in "Rossiske Vesti," a Russian political newspaper, and he is a contributor to "Rusya-Al Youm," the Russian Arabic Television channel for the Middle East. He has lectured at universities in Russia, China, Belarus, Germany, Kazakhstan, and Turkmenistan. Mr. Lefko has also taught urban affairs and sociology at the University of Minnesota, and political science, international relations, political philosophy, political campaign management, leadership, organizational development, and public administration at other Minnesota colleges. He is one of the founders and current treasurer of Global Volunteers, and has worked in villages in Jamaica, Mexico, and Guatemala. He is the group's representative at the United Nations.

History



From Mayo Clinic to Vietnam: Memoirs of a Physician Serving in the War

Donadio was fresh out of his Mayo medical residency training in 1966 when he was drafted into the Vietnam War to supervise a renal (kidney) ICU. "I served a year at the 3rd Field Hospital in Saigon," Donadio recalls. "On the day I arrived, I cared for the first patient in the war zone to receive hemodialysis. I was the first doctor assigned as a permanent member of the renal unit." In addition to his duties as a nephrologist, then a new specialty, he worked with his fellow physicians as a team when multiple casualties came into the hospital. He also cared for patients who suffered from the tropical diseases that were so prevalent in SE Asia and joined his fellow doctors when they went out to local villages to care for the Vietnamese people. When Donadio left the US, he left behind a wife and four children under the age of eight and he writes about the pain of that separation. It took extra mental effort to push ahead and tend to his responsibilities.

Instructor: James V. Donadio Jr. MD
Location: Heintz Center Rm. HA112
Date(s): Monday, March 11 Time(s): 10 am-Noon Session(s): 1
Member Fee: \$13 Non-Member Fee: \$21

James V. Donadio Jr., MD, now retired, was a nephrologist in the Mayo Clinic Division of Nephrology, in Rochester, for thirty-two years. He also served as chairman of the Division of Nephrology for nine of those years and rose to the teaching rank of Professor of Medicine in the Mayo Clinic College of Medicine. Dr. Donadio completed his Internal Medicine and Nephrology (Kidney Disease Specialty) Residency at Mayo Clinic after earning his medical degree from the Indiana University School of Medicine and completing an internship at Marion County General Hospital in Indianapolis. The completion of his medical residency in 1966 coincided with his military draft into the US Army Medical Corps. He served in Vietnam for one year and completed his military commitment at the Walter Reed Army Medical Center in Washington, D.C., the following year.

Personal Interest



Coffee Cupping: Everything you ever wanted to know about coffee but were afraid to ask!

How long does coffee need to ferment? Why did the Pope baptize coffee? Why doesn't Bourbon coffee have any bourbon? How tall is a coffee tree? How do I make a better cup of coffee? We'll take a shallow dive into a number of coffee subjects, ranging from history and economics to agriculture and milling. Then we will try our hand at a coffee cupping, learning to sample coffee as a professional. We'll transition into coffee tasting for the aficionado, sampling Guatemalan coffees drawn from some of the top microlots available. You'll leave with one pound of your favorite coffee in hand.



Instructor: Franklin Voorhes Location: Heintz Center Rm. HA112
Date(s): Tuesday, March 5 Time(s): 9-11 am Session(s): 1
Member Fee: \$35 Non-Member Fee: \$45

Green Caffein™ proprietor Franklin Voorhes is a mechanical engineer, social entrepreneur, and accidental coffee farmer. A native mid-westerner and recent transplant to Rochester, he spent 15 years in Guatemala creating economic development programs for subsistence farmers. Some 500 farmers learned to cultivate, process, and prepare top tier coffees in his programs. He designed and built Guatemala's only coffee decaffeinator and a number of machines now used by small-scale coffee farmers. In his down time, he runs a coffee farm of 6000 trees.

Current Affairs



Great Decisions 2019 Topic: Decoding U.S.-China Trade

We face the possibility of a new trade war. The arguments are more complex than production and shipping. They represent issues of future technology, education, economic and political philosophy, taxes and leadership. The fight is over who will dominate the world during 21st Century and beyond. How this battle develops will determine the future living standards for ourselves and our children.



Instructor: Todd J. Lefko Location: Heintz Center Rm. HA112
Date(s): Tuesday, February 12 Time(s): 1-3 pm Session(s): 1
Member Fee: \$15 Non-Member Fee: \$25

Todd Lefko is the President of the International Business Development Council, an import-export firm. He has homes in Minnesota and Moscow and has worked in Russia for more than 25 years. His weekly articles appear in "Rossiske Vesti," a Russian political newspaper, and he is a contributor to "Rusya-Al Youm," the Russian Arabic Television channel for the Middle East. He has lectured at universities in Russia, China, Belarus, Germany, Kazakhstan, and Turkmenistan. Mr. Lefko has also taught urban affairs and sociology at the University of Minnesota, and political science, international relations, political philosophy, political campaign management, leadership, organizational development, and public administration at other Minnesota colleges. He is one of the founders and current treasurer of Global Volunteers, and has worked in villages in Jamaica, Mexico, and Guatemala. He is the group's representative at the United Nations.

One-Day Trips



"Buddy Holly" at the Ives Auditorium in Bloomington

Featuring cast members from History Theatre's IVEY Award-winning production of "Buddy-The Buddy Holly Story". Endorsed by Jerry Allison and Sonny Curtis of The Crickets! The "Buddy Band" performs all the Holly Hits including "That'll Be the Day", "Rave On", "Peggy Sue", "Maybe Baby", and "Not Fade Away." PLUS! Gary Rue will appear solo in the first set performing music by Gene Pitney, Bobby Vee, and Sonny Curtis (Gary was music director for Gene Pitney from 1986-2006), putting the spotlight on these wonderful artists and telling some amazing stories from the road, including Pitney's Carnegie Hall concert the day the World Trade Center was bombed the FIRST time, giggling with the Crickets, performances with Bobby Vee, and Sonny Curtis' appearance at the opening of the History Theatre's production of "Buddy". All roads lead to Buddy! Fee includes coach transportation, theatre ticket, and lunch at the Minnesota Masonic Heritage Center (BBQ Chicken, BBQ Ribs, Mac and Cheese, Green beans, Coleslaw, Corn bread with honey butter, Variety of desserts, Coffee or hot tea). **No refunds after January 15.**

Location: RCTC Regional Sports Center-Parking Lot

Date(s): Thursday, February 14 Time(s): 10 am-5 pm

Member Fee: \$86



Humanities and the Arts



Learning Is ForEver (LIFE) Celebrates Mardi Gras with the Jack Brass Band

Come celebrate Mardi Gras! Dinner at 5:45 pm featuring: jambalaya with chicken and sausage, hush puppies, house salad, banana vanilla bean panna cotta with pecan praline sauce and coffee/tea. The JACK BRASS BAND, a New Orleans style brass band, will begin playing at 6:30 pm in the Crescent City brass band tradition. Formed in 1999, the band has been featured at the Winnipeg Jazz festival, Grand Old Days, Aquatennial and club performances at O'Garas, Fine Line Cafe, Jazzmines, and others as well as playing for corporate events for Target, WCCO & Kare11. After hearing them, Wynton Marsalis said "If you like your gumbo spicy and your music hot, check out the Jack Brass Band." From the crack of the snare drum, the blat of the sousaphone to the hot brass, you have an infectious group that will have you tapping your toes. **Registration Deadline: Monday, February 25.**



Location: Rochester International Event Center, 7333 Airport View Dr SW

Date(s): Mon, March 4 Time(s): 5:30-8 pm Session(s): 1

Member Fee: \$35 Non-Member Fee: \$45

Nature and Ecology



Journey to the Center of the Milky Way

Embark on a Journey to the Centre of the Milky Way and travel faster than light, from the driest place on Earth, the Atacama Desert in Chile right to the center of our own galaxy, where a black hole is consuming anything that strays into its path. Millions of stars will appear in front of your eyes, each hiding mysteries waiting to be solved. Are there planets around them, perhaps with moons? Do they have water? Could they harbor life? A tour of the current night sky and the observable universe will complete this visit to the Mayo High School Planetarium. Please enter through Door #6 at Mayo High School.



Instructor: Paul Larson, Planetarium Director, AS, BA, M.Ed.

Location: Mayo High School Planetarium - 1420 11th Ave SE

Date(s): Thu, February 28 **Time(s):** 1-2:30 pm **Session(s):** 1

Member Fee: \$7 **Non-Member Fee:** \$9

Paul is the Planetarium Director for Mayo High School. Mr. Larson came to Rochester from the St. Cloud State University Planetarium, in St. Cloud, Minnesota, after spending three years as their lead presenter. During the summers of 2013 and 2014, he spent 12 weeks in Huntsville, Alabama, working with NASA on two internships.

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One-Day Trips



"Stewardess" at the St. Paul History Theatre

1958. Mary Pat Laffey begins work as a stewardess for Northwest Orient Airlines. While thousands of young women applied for the position, only a handful are chosen. Weighed, measured, trained and smiling, Mary Pat embarks upon a job that she quickly realizes is "unfair." While her male counterparts can work past the age of 32, Mary Pat and her female cohorts put up with endless weight checks, are prohibited from marrying, can't wear glasses and must retire when they turn 32. Set against the backdrop of the Civil Rights Movement and the birth of feminism, this play tells the story of one woman's fight over the span of 20 years to transform the lives of the women she works with by joining a union, taking legal actions and changing the consciousness of the men she works with. A stylish, entertaining and relevant piece, *Stewardess!* tells the story of how one woman stood up to a corporate giant and made a difference. Go, Mary Pat! Fee includes coach transportation, theatre ticket, and buffet brunch at Main Street Café in the St. Paul Hotel. **No refunds after January 16.**

Location: Northrop School Parking Lot

Date(s): Sunday, February 17 **Time(s):** 10:30 am-5:30 pm

Member Fee: \$86



Nature and Ecology



Polar Bear Possibilities

Largest of the marine mammals, devoted mothers, "jail birds" and possibly the first large mammal to become extinct due to global climate change; polar bears are all these things and more. Melonie has been a polar bear study participant, in autumn and in summer in Churchill, Manitoba and was immersed in Native Alaska polar bear stories while an education coordinator for a National Wildlife Refuge in Alaska. We will explore how polar bears compare to other bear species, their adaptations to the far north, their hunting life, and how Native Cultures have related to them throughout time.



Instructor: Melonie Shipman Location: Heintz Center Rm. HA112
Date(s): Wed, February 20 Time(s): 10-11:30 am Session(s): 1
Member Fee: \$10 Non-Member Fee: \$15

Combine dressing up as a World War II soldier in the Aleutian Islands, working with Native culture-keepers at a seal harvest, leading nature hikes, sneaking up on shorebirds, presenting over 20 nature-related slide programs and you will have a small bit of Melonie's, the Traveling Naturalist's, professional background and experience. Add to this personal experiences with wild nature from the grey whales of Baja, Mexico to dog sledding vacations to sea kayaking expeditions in remote locations. Melonie has been a handler for the Iditarod, a wolf pup care assistant, and a polar bear study participant. She brings a diverse and personal variety of firsthand information and stories to her programs.

Community



Southern Minnesota Leaders and Their Impact Beyond Our Borders

Throughout history, Southern Minnesota has produced numerous leaders who have made important contributions to our state and nation. My presentation will cite some of the leaders, the difference they made, and lessons we can glean from their example.



Instructor: Tim Penny Location: Heintz Center Rm. HB117
Date(s): Wed, February 27 Time(s): 10 am-Noon Session(s): 1
Member Fee: \$13 Non-Member Fee: \$21

Timothy (Tim) Penny represented Minnesota's First Congressional District in the U.S. House of Representatives from 1982-1994. While in Congress, Penny served on the Education and Labor, Agriculture and Veterans' Affairs committees. He chaired the Subcommittee on Veterans' Education and Training and the Foreign Agriculture and Hunger Subcommittee. Throughout his congressional career, Penny placed an emphasis on budget issues. He chaired the Democratic Budget Group as well as the Porkbusters Coalition. Penny was named as Southern Minnesota Initiative Foundation's (SMIF) President/CEO April 2007. SMIF's key interests include early childhood and entrepreneur development. Prior to joining SMIF, Penny was a Senior Counselor at Himle Horner, a Twin Cities-based public affairs firm, and a senior fellow at the Humphrey Institute. Penny was also a member of the Minnesota State Senate from 1976-82 where he served as vice-chair of the Transportation and Finance committees. Penny has co-authored three books: Common Cents; The 15 Biggest Lies in Politics; and Payment Due. Born and raised on a farm in southeastern Minnesota, Penny received his B.A. in political science from Winona State University.

Humanities and the Arts



Where the Blues Led: Lyricism in Urban Music

Every generation likes to think that their music is different, better, revolutionary. And so it can be, but 'new' styles have deeper roots. We will examine how blues, jazz and technology inspired city youths to create a not-so-new form of musical expression. Together we shall critically examine lyrics and musicianship in modern American urban music (without blaring speakers or thumping bass!). Get away from your pre-conceived notions of what urban music is, and learn how to teach your grandkids (and yourself) which music is worth a listen.



Instructor: Joel Carlin PhD **Location:** Heintz Center Rm. HA112
Date(s): Tuesday, February 26 **Time(s):** 1-3 pm **Session(s):** 1
Member Fee: \$15 **Non-Member Fee:** \$25

Dr. Joel Carlin is marine conservation geneticist and Biology chair at Gustavus Adolphus College. He teaches a variety of topics around marine and freshwater biology, environmental conservation, maritime history, and evolution. He has travelled professionally in Atlantic islands, Ecuador, China, Mexico, and Malaysia.

Nature and Ecology



Otterly Wonderful Otters

Playful, furry, amusing, and uniquely adapted to their watery home; that's otters for you! Learn more about these entertaining and clever furry friends as you play through a program full of facts and stories about river and sea otter history, anatomy, adaptations, life styles, key role in Alaska history, and essential role in keeping our oceans and rivers healthy.



Instructor: Melonie Shipman **Location:** Heintz Center Rm. HA112
Date(s): Wed, February 20 **Time(s):** 1-2:30 pm **Session(s):** 1
Member Fee: \$10 **Non-Member Fee:** \$15

Combine dressing up as a World War II soldier in the Aleutian Islands, working with Native culture-keepers at a seal harvest, leading nature hikes, sneaking up on shorebirds, presenting over 20 nature-related slide programs and you will have a small bit of Melonie's, the Traveling Naturalist's, professional background and experience. Add to this personal experiences with wild nature from the grey whales of Baja, Mexico to dog sledding vacations to sea kayaking expeditions in remote locations. Melonie has been a handler for the Iditarod, a wolf pup care assistant, and a polar bear study participant. She brings a diverse and personal variety of firsthand information and stories to her programs.

One-Day Trips



"A Bronx Tale" at the Orpheum Theatre

"A Bronx Tale" is a streetwise musical that takes you to the stoops of the Bronx in the 1960s—where a young man is caught between the father he loves and the mob boss he'd love to be. Bronx Tale tells the story of Calogero Anello, a young boy from a working class family who gets involved in the world of organized crime. Calogero's father is a bus driver who tries to instill working-class family values in his son. As Calogero gets older, the aura and mystique of the Mafia, and the charms of Sonny, the local mob boss who befriends Calogero (and ends up becoming a father figure to him), become difficult to resist. As Calogero comes of age, he must struggle with the choice of following his beloved father's values or submitting to the temptations of the life of organized crime. Featuring a doo-wop score, A Bronx Tale is a story about respect, loyalty, love, and above all else: family. Fee includes coach transportation, main floor theatre tickets, and box supper (1/2 turkey sandwich, chips, apple, cookie, water). **No refunds after January 3.**

Location: Northrop School Parking Lot

Date(s): Sunday, February 24 **Time(s):** 4:30-11 pm

Member Fee: \$92



History



Piracy in History and Today

Rogue villains, cartoonish heroes, romantic swashbucklers. The images of pirates and piracy are everywhere, but the reality is far different. How did the Greeks and Romans deal with piracy? What was the "Spanish Main"? Just what is happening off the coast of Somalia now? Learn the history of piracy from ancient times to today, and what can be done about it. And, for those who are considering this as a career move, you will learn how to talk (and sing) like a pirate!



Instructor: Joel Carlin PhD **Location:** Heintz Center Rm. HA112

Date(s): Tue, February 26 **Time(s):** 10 am-Noon **Session(s):** 1

Member Fee: \$15 **Non-Member Fee:** \$25

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