“Our mission is to provide humanities-based educational programs that are stimulating and encourage social and personal growth opportunities for older adults. We strive to accomplish this through a variety of courses including lectures, discussion groups, and other learning opportunities in a handicapped accessible setting.”

LIFE membership provides:
- Learning opportunities for older adults
- A variety of classes and activities for a reasonable fee
- Interactive dialogue between instructors and participants
- Opportunities to socialize with others with varied backgrounds and experiences
Dear Friends of LIFE,

"Though a man/woman be wise. It is no shame for him/her to live and learn." Sophocles (paraphrased). And, so it is my friends that the LIFE Program is alive; peopled with wise men and women wanting to live and learn as witnessed by the increased enrollment in the Fall Quarter classes. The wonderful Garden Party of September is a faint memory, but the result is clear and visible. Our membership is growing and our class participation is phenomenal. If you are a numbers person this will delight you. One 113 members, 100 non-members, and greater than seven hundred registrations for the Fall Quarter.

LIFE will not rest on its accomplishments. Four new members joined the Board in September: Pete Bandy, Judy Pease, Richard Sundt, Ron Yaggy, and Pauline Walle returned for a second term. They have scheduled many "mini meetings" to discuss marketing, membership, and program. Please, say Thank You to them, and the returning Board members when you see them. In addition, Chrisanne Pieper, our director extraordinaire, and some of the Board members have been meeting with UMR representatives, grant writers, and members of the Alliance for Lifelong Learning Minnesota to search for new programs, funding and ways to attract and sustain membership.

The Winter Quarter Schedule will bring sunshine to those short cold days of January. We will join Rochester Music Guild’s "Lunch and Learn" at the Rochester Art Center to hear Rachael Kuipers and Friends and Carla Thelen-Hanson, soprano, and Aonhoa Urkijo, pianist. Brent Bauer, Mayo, will speak about Alternative Medicine. We will learn about the Hermitage Healing Center and Julie Szamocki will introduce us to Music Therapy, as it is used at Seasons Hospice.

Sharon Rome will give us the 'buzz' on Beekeeping; Allison Plute will speak about Raingardens; John Hunziker will give a lecture and tour of The Rochester Public Library; and Michael Wojcik: City Council Business. Of course the beloved History Classes by Jim Russell, Bob Beery, Jerry Anderson, Dick Klobuchar, Tom Hosier, Barry McKnight and newcomer Bill Bakken, will continue as always. You liked the Garden Party! Get out your party clothes, more socializing is coming. Watch for a postcard highlighting the Holiday Gathering following the Holiday Film on December 9th. "Come on out."

Remember to sign up soon for the Winter Classes, space is becoming limited and I want to be certain each of you will have a place in this great learning and socializing adventure.

- Ione Schloegel, LIFE Board President

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Heintz Center Exterior Doors to use for Classrooms

HB117—Enter thru Door H15 (West Lot) HA102,HA104,HA110—Enter thru Door H10 (East Lot)

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LIFE Advisory Board Members

<table>
<thead>
<tr>
<th>Ione Schloegel, President</th>
<th>Peter Bandy</th>
<th>Judy Pease</th>
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<tr>
<td>Sylvie Nickel, Vice President</td>
<td>Tom Brinkman</td>
<td>Richard Sundt</td>
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<td>George Malkasian, Secretary</td>
<td>Malcolm Campbell</td>
<td>Louise Terrill</td>
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<td>Paul Olander, Financial Liaison</td>
<td>Jon Clsson</td>
<td>Pauline Walle</td>
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<td>Nancy Gilliland</td>
<td>Ron Yaggy</td>
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<td>Mary Humke</td>
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Chrisanne Pieper
Senior Program Director
Telephone: 507-285-7453
E-mail: chrisanne.pieper@roch.edu
Website: www.learningisforever.net
**COMMUNITY**

**Library, Lunch, and Learn**
We will start the day with a tour of the Rochester Public Library, led by Rochester Public Library Director Audrey Betcher, including newly re-imagined Children’s area, Friends’ bookstore, behind-the-scenes at Circulation, Technical Services, etc. Then we will head over to the Rochester Art Center for the Rochester Music Guild's Lunch and Learn Program, featuring Rachel Kuipers and Friends, performing chamber duos and trios. This will be a great way to “get behind the scenes” for the Rochester Chamber Music Series January 9th performance at Christ United Methodist Church. Fee includes box lunch at Lunch and Learn. **Register Deadline: Dec. 31.**

<table>
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<tr>
<th>Date</th>
<th>Instructor</th>
<th>Location</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday; January 8</td>
<td>Audrey Betcher, Director</td>
<td>Public Library and Art Center</td>
<td>$16</td>
<td>$19</td>
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</tbody>
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**IBM BlueGene Supercomputer**
You will have an overview of BlueGene and its background along with an overview of IBM’s supercomputer roadmap. You will be given a detailed description of the BlueGene supercomputer with an actual demo of programs running on the BlueGene

<table>
<thead>
<tr>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
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<tbody>
<tr>
<td>Wednesdays; February 10 &amp; 17</td>
<td>Wayne Wellik, IBM</td>
<td>Heintz Center Rm. HA104</td>
<td>$10</td>
<td>$12</td>
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</tbody>
</table>

**Current City Issues**
This class will be a report on the issues and proposals (and controversies) currently being discussed/debated/considered by the Rochester City Council. Topics may include IRV (instant runoff voting), building development guidelines, RDA (Rochester Downtown Alliance) actions and duties, etc. At least 50% of the class time will be open for questions and discussion by the participants. Michael is Ward 2 City Councilman.

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<tr>
<th>Date</th>
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<th>Location</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
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<tbody>
<tr>
<td>Wednesday; February 17</td>
<td>Michael Wojcik, City Councilman</td>
<td>Heintz Center Rm. HA104</td>
<td>No Charge</td>
<td>$5</td>
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**History of the Rochester Public Library**
This class will trace the development of Rochester’s Public Library, from its inception throughout the years at the Crawford building, the JC Penney, and into this “new” (1998) facility overlooking the river. John is the Communications Manager at the Rochester Public Library.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
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<tbody>
<tr>
<td>Tuesdays; March 16, 23</td>
<td>John Hunziker</td>
<td>Heintz Center Rm. HB117</td>
<td>$18</td>
<td>$23</td>
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www.learningisforever.net
HISTORY

The Romantic Era
This class will examine the people and ideas of the Romantic Era of the early Nineteenth Century. We will look at how "romantic" ideas affected the novel, poetry, music, art, philosophy, religion, and the political outlook of the age.

Date: Friday; January 22
Time: 10 am-Noon
Member Fee: $9
Non-Member Fee: $12

Instructor: Gerald Anderson, Retired North Dakota State University Professor, History
Location: Heintz Center Rm. HA104
Sessions: 1

Savages, Scoundrels, Rascals, Christians, Visionaries, and a Few Heroes
In 2009 the Public Broadcasting System’s American Experience presented a special series, “We Shall Remain,” which sensitively chronicled episodes from the history of Anglo-American conflicts with Native Americans. This course will focus on three of these videos: After the Mayflower, Techumseh’s Vision, and Wounded Knee. Each session will include consideration of related events in the history of Native American interactions with the dominant culture.

Dates: Mondays; Jan. 25, Feb. 1, 8
Time: 1–3:30 pm
Member Fee: $32
Non-Member Fee: $39

Vikings in the New World
This class will describe the spread of settlement of Scandinavians across the North Atlantic from about 800 to 1100, culminating in a short term settlement on the east coast of North America. We will also discuss some of the many claims of Viking presence in other parts of the continent.

Date: Tuesday; January 26
Time: 1–2:30 pm
Member Fee: $7
Non-Member Fee: $10

Instructor: Bill Bakken
Location: Heintz Center Rm. HB117
Sessions: 1

Europe in the Age of Reaction
In 1815, the Age of Napoleon was over and the predominantly autocratic powers of Europe met in Vienna and sought to restore monarchy, aristocracy, privilege and position, to the pre-revolutionary days of 1789. This was the “Age of Reaction.” Who were the architects of such reaction and how well did they succeed? This course will examine this time period up to 1870, when Germany and Italy became unified states.

Dates: Thu; Jan. 28, Feb. 4,11,18,25, Mar. 4
Time: 10–11:30 am
Member Fee: $32
Non-Member Fee: $38

Instructor: Jim Russell, Retired RCTC History Professor
Location: Heintz Center Rm. HA104
Sessions: 6

Abraham Lincoln at 201!
We all know the celebratory views of the man. What is more fascinating is the journey: how he continued to refine his commitments and perspectives throughout a lifetime. Equally interesting are the ever-changing interpretations of the significance of his life in every period since his death. It is noteworthy that historians, commentators, and politicians continue to find powerful new symbolic meanings in Lincoln’s life story. This is a repeat of the June 2009 class. Birthday Cake will be served.

Date: Friday; February 12
Time: 10 am–Noon
Member Fee: $9
Non-Member Fee: $12

Instructor: Bob Beery, Historian
Location: Heintz Center Rm. HA102
Sessions: 1
**HISTORY**

**World War II in Europe**
This class is Part 1 of a two part series on WW II. Along with Part 2, the classes reveal many major, but often hidden, facts about WW II which have been frequently misunderstood these past 70 years. Veterans and followers of the war which killed more civilians than troops, will be intrigued by the revelations. Part 1 will discuss when, where, and why the war started, why the U.S. fought an undeclared war for almost a year, how close Great Britain came to being defeated by Germany, whether Germany could have won the war in Europe, and many other major issues of this complex war.

- **Date:** Tuesday; February 16
- **Time:** 1–2:30 pm
- **Member Fee:** $7
- **Non-Member Fee:** $10
- **Instructor:** Dick Klobuchar, Author
- **Location:** Heintz Center Rm. HA104
- **Sessions:** 1

**World War II in the Pacific**
This class is Part 2 of a two part series. Along with Part 1 (World War II in Europe), the classes reveal many significant, but often hidden, facts about WW II which have been misunderstood for the past 70 years. Veterans and followers of the war which changed the political landscape of the world forever, will be intrigued by the revelations. Part 2 will discuss when, where, and why the war started, why the Japanese attacked Pearl Harbor, whether Japan could have won the war in the Pacific, why the atom bombs were used, and many other major issues of this complex war.

- **Date:** Tuesday; February 23
- **Time:** 1–2:30 pm
- **Member Fee:** $7
- **Non-Member Fee:** $10
- **Instructor:** Dick Klobuchar, Author
- **Location:** Heintz Center Rm. HA102
- **Sessions:** 1

**The Faces of Fascism**
When people think of fascism, they think of the Nazis. But German National Socialism was in many ways different than Mussolini's Italian fascism. And what about French fascism, Austrian fascism, Belgian fascism, and Norwegian fascism? How many people are aware of the British Union of Fascists? Few nations in the period between the wars escaped a fascist presence, and this class will examine these various manifestations.

- **Date:** Friday; February 26
- **Time:** 10 am-Noon
- **Member Fee:** $7
- **Non-Member Fee:** $10
- **Instructor:** Gerald Anderson, Retired North Dakota State University Professor, History
- **Location:** Heintz Center Rm. HA104
- **Sessions:** 1

**Battle of Wood Lake—A First Person Account**
The 1862 Battle of Wood Lake near what is now Granite Falls, MN ended what was, in effect, a civil war within a civil war. This battle, and both earlier and later related events, ultimately resulted in huge losses of life on both sides, as well as loss of native lands. The implications of this battle have been far reaching and still reverberate through the Minnesota River Valley today. RCTC instructor Tom Hosier will interpret the event which involved Little Crow of the Dakotah (Sioux) and Minnesota militia. Hosier also heads a group of nearly 1,000 members (Wood Lake Battlefield Preservation Association) from around the country who want to preserve the battleground and monument for public access and understanding of both sides. His program include a dramatization and discussion.

- **Date:** Tuesday; March 2
- **Time:** 1:30–3 pm
- **Member Fee:** $7
- **Non-Member Fee:** $10
- **Instructor:** Tom Hosier, President of the Wood Lake Battlefield Preservation Association
- **Location:** Heintz Center Rm. HB117
- **Sessions:** 1
Counterfactuals in History—Part 2
Historians sometimes engage in "counterfactuals," exercises where they examine a key event in history and hypothesize the results of different outcomes in an attempt to gain a greater understanding of what actually happened and its significance. In this lecture series, Barry McKnight will examine three different turning points in World History, discuss the real history of the event, and lead the class through counterfactual exercises.

**Dates:** Mondays; March 1, 8  
**Time:** 9:30-11 am  
**Member Fee:** $12  
**Non-Member Fee:** $15

**Instructor:** Barry McKnight, RCTC History Professor  
**Location:** Heintz Center Rm. HA104  
**Sessions:** 2

**King Cnut: Emperor of the North**
By his own definition, Cnut was King of the English, the Danes, the Norwegians, and a part of the Swedes. Though his kingship in England was won by invasion, his reign from 1018 to 1035 is remembered as a time of peace and prosperity. This class will describe how Cnut attained won and used these powerful positions and will briefly review his legacy.

**Date:** Thursday; March 11  
**Time:** 1–2:30 pm  
**Member Fee:** $7  
**Non-Member Fee:** $10

**Instructor:** Bill Bakken  
**Location:** Heintz Center Rm. HA104  
**Sessions:** 1

**American Indian Culture and History**
Learning about American Indians: The only way possible is from American Indians. Currently employed as the director of American Indian Affairs programs and the Advisor to the American Indian Student Association at Mankato State University. Served five consecutive years on the Lower Sioux Tribal Council.

**Date:** Wednesday; March 24  
**Time:** 10 am-Noon and 1-3 pm  
**Member Fee:** $25  
**Non-Member Fee:** $32

**Instructor:** David Larsen  
**Location:** Heintz Center Rm. HA104  
**Sessions:** 2

**The Norwegian Invasion of England: 1066**
Most people know 1066 as the year that William of Normandy conquered England. This class will describe the lesser known invasion in the same year led by the Norwegian King Harald Hardrada. We will also look at the effect of that Invasion on England and Scandinavia.

**Date:** Thursday; March 25  
**Time:** 1–2:30 pm  
**Member Fee:** $7  
**Non-Member Fee:** $10

**Instructor:** Bill Bakken  
**Location:** Heintz Center Rm. HA102  
**Sessions:** 1
Political Philosophy Club
Are you interested in politics and philosophy? Do you like to read? Are you open to new ideas? Then join us for the “Political Philosophy Club”. This club is for individuals of all political persuasions (liberal, conservative, libertarian, etc.). The goals of the club are to have fun and promote discussion on political issues of the day so that we are all better informed. Books that take opposing points of view on various topics (e.g. economic policy, health care, the environment, education) will be recommended reading before each meeting. You will be responsible for your own copies of the books.

Jan. 9—The Fair Tax Book: Saying Goodbye to the Income Tax and the IRS by Neal Boortz and John Linder
Feb. 6—The Conscience of a Liberal by Paul Krugman
Mar. 6—Animal Farm by George Orwell
Mar. 27—Liberty and Tyranny: A Conservative Manifesto by Mark Levin

Dates: Sat; Jan. 9, Feb. 6, Mar. 6, 27
Time: 9-11 am
Member Fee: $16
Non-Member Fee: $20
Instructor: Dr. Kevin Halling
Location: University Square-UMR-Rm. 321
Sessions: 4

Great Decisions 2010
Published annually by the Foreign Policy Association, the Great Decisions briefing book features impartial, thought-provoking analyses on eight issues of concern to U.S. policymakers today. The 2010 edition features articles on Special envoys, Kenya and R2P, Global crime, U.S.-China security relations, Global financial crisis, Russia and its neighbors, the Persian Gulf, and Peace building and conflict resolution. Registration Deadline: February 2. Fee includes Great Decisions Briefing Book. Each topic will have a group discussion leader to be determined at the first meeting.

Dates: Mon; Feb. 22, Mar. 18, 15, 22, 29, Apr. 5, 12
Time: 1-3 pm
Member Fee: $25
Non-Member Fee: $35
Instructor: Roundtable Participant
Location: Heintz Center Rm. HA102
Sessions: 8

Hermitage Farm Healing Center
The Hermitage Farm mission is Integrated Complementary Healing therapies, providing individuals the opportunity to deepen their spiritual healing and to create Inner Peace. Following some background on the origin of the Center and a snapshot of some of the healing practitioners, Lisa will present an overview of some of the workshops (mind/body skills, reiki), treatments (aromatherapy, guided imagery, qigong), retreats, and monthly activities offered by Hermitage Farm.

Date: Thursday; January 14
Time: 10 am–Noon
Member Fee: $9
Non-Member Fee: $12
Instructor: Lisa Van Getson, Foundress
Location: Heintz Center Rm. HA102
Sessions: 1
**HEALTH**

**Complementary and Alternative Medicine: Myths, Realities and Opportunities**
At no other time in history have we been so overwhelmed with information and options regarding our healthcare. Complementary and Alternative Medicine (CAM) in particular, has opened up a wide array of options for self-treatment, ranging from the common (herbs, massage, and acupuncture) to the uncommon (e.g. shark cartilage, ozone therapy, and colonic irrigation). Brent will share some of the growing research regarding the evidence-based use of CAM. He will share the successful integration of conventional medicine and CAM—an approach known as integrative medicine.

- **Date:** Wednesday; January 20
- **Time:** 1–2 pm
- **Member Fee:** $5
- **Non-Member Fee:** $8
- **Instructor:** Dr. Brent Bauer, Mayo Clinic
- **Location:** Heintz Center Rm. HA104
- **Sessions:** 1

**Stem Cells and Regenerative Medicine**
Stem cells have received much attention for their promise in biomedical research over the past decade. Large state and federal initiatives have been publicly approved to date. What is the hype and hope really all about for stem cells? The first class will address some fundamental questions about stem cells, definitions, classifications, where they come from, and what they are able to do. The second class will address current and potential applications for stem cells in biomedical research with the goal of understanding the promise of regenerative medicine. Dr. Nelson has co-authored numerous publications, including a chapter on stem cells and regenerative pharmacology in the book *Pharmacology and Therapeutics – Principles to Practice*. Parking will be validated.

- **Date:** Tuesday; March 2
- **Time:** 9:30-11:30 am
- **Instructor:** Timothy J. Nelson, MD, PhD, Mayo Clinic
- **Location:** UMR-Rm. 419
- **Member Fee:** $9
- **Non-Member Fee:** $12
- **Sessions:** 1

**LITERATURE**

**Great Books—Class is FULL at this time. Jan. 7 class will meet in HH113.**
- **Dates:** Thursdays; Jan. 7, Feb. 4, Mar. 4, Apr. 1
- **Time:** 10-Noon
- **Instructor:** Bob Morse
- **Location:** Heintz Center Rm. HA110

**LIFE’s “Reading in Retirement”**
January book will be *The Places in Between* by Rory Stewart. February book will be *Guns, Germs, and Steel* by Jared Diamond. March will be *Book Thief* by Markus Zusak and April’s book will be *People of the Book* by Geraldine Brooks. Realife Cooperative is located at 825 Essex Parkway NW, Rochester.

- **Dates:** Fridays; Jan. 15, Feb. 5, Mar. 5, Apr. 2
- **Time:** 10 am-Noon
- **Member Fee:** No Charge
- **Non-Member Fee:** $5
- **Location:** Realife Cooperative
- **Sessions:** Ongoing
“Picturing” the News
This class will offer a look at and an explanation of the visual elements that newspapers utilize to attract readers to stories and to enhance the readers’ understanding of the news. While there are more tools to explain the news, there is also more competition for your attention to our product, the newspaper. The class will examine how and why newspapers need to use more visuals to help the reader understand the news. Questions will be welcomed.

Date: Wednesday; January 27  
Time: 1–2:30 pm  
Member Fee: $7  
Non-Member Fee: $10

Buddhist-Christian Interfaces
Despite the fundamental differences between Buddhism and Christianity, the last half-century has seen remarkable dialog and reflection, beginning with Thomas Merton’s relationship with the Dalai Lama and the popularity in America of D.T. Suzuki’s interpretation of Zen. Topics for comparison include the Christian theology of grace and the notion of salvation in Shin Buddhism, Christian kenosis and Japanese Buddhist mu (emptiness), the Buddhist doctrine of dependent origination and the Christian theology of the Mystical Body, the mutual emphasis on such virtues as compassion and faith, and common practices such as meditation, asceticism, and monasticism.

Date: Wednesday; February 3  
Time: 12:30-2:30 pm  
Member Fee: $10  
Non-Member Fee: $15

The Many Faces of Love as Seen on Stage and Screen
In keeping with Valentine’s Day we will explore expressions of love in the teen-age, adult, and elderly years. Fiddler on the Roof, The Sound of Music, Gigi, and others will be featured.

Date: Tuesday; February 9  
Time: 9-10:30 am  
Member Fee: $7  
Non-Member Fee: $10

Art Center Tour and The ART of Singing
Carla Thelen-Hanson, soprano and Ainhoa Urkijo, pianist, will present a series of “Art Song” compositions from various time periods. Projected behind the performers will be correlating visual works from visual artists from that time period as selected by Chief Curator and Rochester Art Center Director Kris Douglas. Part of the Rochester Music Guild’s Lunch and Learn Series. Fee includes Art Center admission and lunch. Registration Deadline: March 1.

Date: Friday; March 12  
Time: 10 am–1 pm  
Member Fee: $14  
Non-Member Fee: $19
**HUMANITIES/THE ARTS**

**Music Therapy**
Music therapy is the use of music within a therapeutic relationship to address a patient’s physical, emotional, cognitive, and social needs. Julie will present a high-level overview of the many applications of music therapy (neurologic, autism in schools, eating disorders, etc.) and then describe in detail her specialty: therapy at end of life.

- **Date:** Thursday; March 18
- **Time:** 1–3 pm
- **Member Fee:** $9
- **Non-Member Fee:** $12
- **Instructor:** Julie Szamocki
- **Location:** Heintz Center Rm. HB117
- **Sessions:** 1

**Resurrection Theme as Depicted in Broadway Musicals**
Resurrection is a main theme we hear during the Easter season. In this presentation we will explore this theme in musicals such as West Side Story, Les Miserables, and others.

- **Date:** Tuesday; March 30
- **Time:** 9-10:30 am
- **Member Fee:** $7
- **Non-Member Fee:** $10
- **Instructor:** Frank McIlmail
- **Location:** Heintz Center Rm. HA104
- **Sessions:** 1

**Share LIFE!**
For LIFE Members only - you are invited to bring a guest, at no charge, to any one class session.

**NATURE/ECOLOGY**

**It’s a Raingarden Party!**
What is a raingarden? How do they work? Develop your “Blue Thumb” as you discover the many benefits of raingardens, learn about native plants, and find out if this type of garden is right for your site. Plant lists, garden plans, and other resources included in this interactive program. Allison has a degree in Natural Resource Management with emphasis in Environmental Education from the UW-Stevens Point. She has been a naturalist, zoo educator, wildlife guide, and backcountry camp counselor in CO and AK over the last ten years. She is currently the City of Rochester’s Storm Water Education Assistant.

- **Date:** Thursday; January 21
- **Time:** 10-11 am
- **Member Fee:** $3
- **Non-Member Fee:** $5
- **Instructor:** Allison Plute, Storm Water Education Assistant, City of Rochester
- **Location:** Heintz Center Rm. HB117
- **Sessions:** 1
Overview of the National Weather Service—La Crosse
Presentations include an overview of the National Weather Service, specifically the La Crosse National Weather Service Office, and how weather is monitored in southeast Minnesota. Aspects of severe weather and questions can be addressed as well. Todd is the Warning Coordination Meteorologist at the La Crosse National Weather Service.

Date: Tuesday; January 19
Time: 1–2:30 pm
Member Fee: $7
Non-Member Fee: $10

Instructor: Todd Shea, Meteorologist
Location: Heintz Center Rm. HA104
Sessions: 1

Green Building
Discussion of Green Building and its development in Rochester. We will discuss the current programs and impacts on the community.

Date: Friday; February 19
Time: 10–Noon
Member Fee: $9
Non-Member Fee: $12

Instructor: Mike Paradise, Bigelow Homes
Location: Heintz Center Rm. HA104
Sessions: 1

Dialing Down the Stars
Join us at the planetarium for a “hands on” session with a make and take star dial. Operation of the paper planetarium will help you return to your backyard as an official “Sky Guide” for your family and friends. The planetarium is located at Mayo High School. Note: Park on the south side of the school and enter Door #6.

Date: Wednesday; March 17
Time: 3:30-5 pm
Member Fee: $5
Non-Member Fee: $6

Instructor: Larry Mascotti
Location: Mayo High School Planetarium
Sessions: 1

The Buzz on Bees
“The Life of a Hive” - a discussion of honeybees, their life cycle, habits, work, production, and requirements.

Date: Wednesday; March 31
Time: 1–2:30 pm
Member Fee: $7
Non-Member Fee: $10

Instructor: Sharon Rome, Beekeeper
Location: Heintz Center Rm. HA104
Sessions: 1
ONE-DAY TRIPS

These one-day trips are cosponsored with Rochester Community Education.

"Almost, Maine" at the Viterbo University Fine Arts Center in La Crosse, Wisconsin
A The Milwaukee Repertory Theatre Presentation. "Magical happenings bloom under the snowdrifts," The New York Times said, "in this whimsical approach to the joys and perils of romance." On a cold, clear, winter night, the northern lights hover over the remote town of Almost, Maine. All is not quite what it seems as the town's residents find themselves falling in and out of love in hilariously unexpected, and often unusual ways. This enchanting midwinter night's dream touches audiences with laughter, heartbreak, and hope. No refunds after January 8.

Guide: Chrisanne Pieper
Leaves from: Recreation Center – West Lot
Date: Wednesday; February 10
Time of Departure: 5 pm
Estimated Time of Return: 11 pm
Member Fee: $52 (Fee includes transportation, theatre ticket, and supper at Fayze's)

"Hiding in the Open" at the St. Paul History Theatre
Based on the memoirs of Sabina Zimering, this is a story of two Jewish teenage sisters who survive the Holocaust by assuming False Catholic identities and escaping from Poland. Moving from place to place, only their quick wit keeps them from being discovered, as the world they once knew crumbles around them. No refunds after February 8.

Guide: Chrisanne Pieper
Leaves from: Recreation Center – West Lot
Date: Thursday; March 4
Time of Departure: 8 am
Estimated Time of Return: 4 pm
Member Fee: $62 (Includes transportation, theatre ticket, and lunch at Fabulous Ferns)

"Mama Mia" at the Orpheum
A mother. A daughter. 3 possible dads. And a trip down the aisle you'll never forget! Over 40 million people all around the world have fallen in love with the characters, the story and the music that make Mamma Mia! the ultimate feel-good show! Writer Catherine Johnson's sunny, funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone's having the time of their lives! No refunds after December 28.

Guide: Chrisanne Pieper
Leaves from: Recreation Center – West Lot
Date: Sunday; March 14
Time of Departure: 11 am
Estimated Time of Return: 6 pm
Member Fee: $102 (Includes transportation, box lunch, main floor theatre ticket)
One-Day Trips

“Dixie Swim Club” at the Old Log Theater
Five Southern women, whose friendship began on their college swim team, set aside a long weekend each year to recharge that friendship. Free from husbands, kids, and jobs, they meet every August at the same beach cottage on North Carolina’s Outer Banks to laugh, catch up, and meddle in each other’s lives. The Dixie Swim Club focuses on four of those weekends over a span of thirty-three years and demonstrates the power of teamwork and the strength of love. Making its area premiere at the Old Log Theater, The Dixie Swim Club is sure to delight. This is a story of five unforgettable women -- a hilarious and touching comedy about friendships that last forever. No refunds after March 15.

Guide: Chrisanne Pieper
Leaves from: Recreation Center – West Lot
Date: Wednesday; April 7
Time of Departure: 9:30 am
Estimated Time of Return: 5:30 pm
Member Fee: $62 (Includes transportation, lunch of stuffed chicken breast, salad, potato, green beans, and dessert, and theater ticket)

"Queens of Burlesque” at the St. Paul History Theatre
A funny, poignant, and revealing look at the lives of burlesque performers both on and off stage. With a wink and a nod to both naughty and nice, you will be transported back to the Twin Cities “burlesque theatre scene of the 1950s” as it begins to fade in the wake of televisions and changing social mores. As the era comes to an end, these performers find themselves caught between economics of the time and the talents that they’d spent their lives honing. Stand up comics and girls with boas draped over just the right places make for a provocative night of music, dance, and laughter. No refunds after March 23.

Guide: Chrisanne Pieper
Leaves from: Recreation Center – West Lot
Date: Thursday; April 29
Time of Departure: 8 am
Estimated Time of Return: 4 pm
Member Fee: $62 (Includes transportation, theatre ticket, and lunch at the Chatterbox Cafe)

www.learningisforever.net
Gerald Anderson
Gerald obtained his History and Political Science Degrees from Concordia College, Moorhead, Minnesota and his Masters from NDSU and his Ph.D. from the University of Iowa with his areas of concentration: Modern Britain, Modern Europe, Recent America, and the Reformation. He and his wife, who taught at Concordia in Moorhead, retired from teaching this past year and settled in Rochester.

Bill Bakken
After retirement from IBM, Bill attended Minnesota State University Mankato and received an MA in History in 1996. His focus of study was Anglo-Saxon and Anglo-Norman England. He taught a wide selection of history courses at Rochester Community and Technical College as a part-time instructor from 1996 until retirement in 2008. His interests include reading science fiction, adventure, and Biblical History, research and collection of North Dakota Pottery and snorkeling and underwater photography.

Dr. Brent Bauer
Dr. Bauer is board-certified in Internal Medicine, an Associate Professor of Medicine, and has been on staff at Mayo Clinic for 17 years. His main research interest has been the scientific evaluation of Complementary and Alternative Medicine (CAM) therapies that patients and consumers are using with increasing frequency. He has authored several book chapters and papers on this topic, and is the Medical Editor of the Mayo Clinic Book of Alternative Medicine. He is currently collaborating on over 20 studies being conducted at Mayo Clinic evaluating CAM therapies ranging from acupuncture to valerian. His work is at the forefront of the emerging field of Integrative Medicine which combines the best of conventional medicine with the best of evidence-based complementary therapies.

Bob Beery
Bob Beery is a native Minnesotan living in Rochester with his wife, Phyllis, for 35+ years. He has degrees from the University of Minnesota, including a Ph.D. in Curriculum and Instruction. Bob was Rochester Public Schools' Curriculum Director when he retired. Before that he served as a social studies consultant, which included the opportunity to teach at every level. He has had a special interest in state and local history curriculum and the inclusion of cultural anthropology in the schools. He has published professional articles and materials for classroom use. In retirement he has taught as adjunct faculty for RCTC, Winona State, University of Minnesota, Saint Mary's University, and the College of St. Francis.

Rick Dahl
A native of Lake City, Rick Dahl went to college at Cleveland Institute of Art. After graduating, he returned to Minnesota and has been a News Graphic Artist for the Post-Bulletin for 22 years. In that time, he’s performed various duties, including visiting crime scenes, caves and construction sites to create maps, informational graphics, page designs, illustrations, photo illustrations, and courtroom sketches. Rick has received numerous awards form the Associated Press, the Minnesota Newspaper Assoc., and the Soc. of Professional Journalists.

Will Freiert
Will Freiert is Hanson-Peterson Professor of Liberal Studies and former Chair of the Classics Department at Gustavus Adolphus College. Most of his publication deal with the influence of the Classics on twentieth-century literature and the arts. He spent 1992 as an exchange professor in Japan and teaches a first-term seminar on Japanese culture. He has participated in NEH summer seminars on Japanese philosophy and on Greek mythology and has been the president of two state professional organizations. During the 1997-98 academic year, Freiert was a Fulbright lecturer at Tohoku University in Sendai, Japan. Currently, Will serves on the Board of the Minnesota Humanities Center.
**INSTRUCTOR BIOS**

**Kevin Halling**
Politics and philosophy have been a hobby for Dr. Halling ever since he was in college. He enjoys discussing political philosophy with people of all political persuasions. (Disclaimer: his political views are his own and do not necessarily reflect those of his family, friends, or employer).

**Tom Hosier**
Tom’s background is past president of the Winona and Rochester Civil War round tables, past president of the Rochester WW II round table, and current president of the Wood Lake Battlefield Preservation Association. Tom has been a teacher and football coach at Bemidji State University, Gustavus Adolphus College, Macalester College, Winona State University, and RCTC. He has thirty-five years of teaching at the college level.

**John Hunziker**
John is currently the Rochester Public Library’s Communications Manager. Prior to this position, he was the Executive Director of the History Center of Olmsted County, served as City Council President for many years, and taught 4th grade at St. Francis School.

**Dick Klobuchar**
Dick was in grade school on December 7, 1941 and became intrigued by the war. He began reading everything he could find on the war. Now, decades later, he estimates that he has read over 3000 books and periodicals on World War II. Dick’s personal library contains approximately 3500 books and 2500 films on the war.

**David Larsen**
Born and raised on the Lower Sioux Reservation. Graduate of Morton High School, David spent four years in the U.S. Navy during the Vietnam era. Graduated from S.S.U. Marshall. Worked as a counselor in the Morton and Redwood Falls school districts for fourteen years.

**Larry Mascotti**
Larry Mascotti is currently the Director of the Mayo Planetarium at Mayo High School in Rochester, MN. There he has developed and presented education programs for students K-12 since 1985. He also teaches high school astronomy, community education classes and an online astronomy course for Metro State University in St. Paul, MN. He has served as a consulting teacher for Project Star a high school astronomy curriculum developed at Harvard University.

**Frank McIlmail**
Frank McIlmail, born and reared in Rhode Island, worked as a teenager in New York City where he fell in love with the Broadway musical theater. A registered nurse by profession, Frank moved to Rochester with his wife, Judy, and two daughters in 1973 to teach nursing at the College of Saint Teresa in Winona. Frank recently has taught nursing at Viterbo University in La Crosse, WI. Frank's love of Broadway has given him the opportunity to teach about Broadway musicals at Elderhostels in Minnesota and Wisconsin.

**Barry McKnight**
An Adjunct Faculty in the History Department at RCTC for the previous five years, McKnight teaches US History, European History, Medieval History, and Military History. He has earned degrees at University of Wisconsin-La Crosse and University of Minnesota-Minneapolis. He also works as lead Cultural Heritage Interpreter at Historic Murphy's Landing, a living history site in Shakopee that focuses on life in Minnesota and the United States in the 18th and 19th centuries.
INSTRUCTOR BIOS

**Timothy J. Nelson MD, PhD**
Timothy J. Nelson, M.D., Ph.D., is a fellow in the Clinician-Investigator Training Program at Mayo Clinic in Rochester. At Mayo Clinic, Dr. Nelson’s research takes place through a National Institutes of Health T-32 training grant, Division of Cardiovascular Medicine. His research at Mayo is funded by the Marriott Mitochondrial Medicine Award and Marriott Awards in Individualized Medicine.

**Mike Paradise**
President of Bigelow Homes, Mike began his career in Construction in 1979 after graduating from the Carpentry Program at Rochester Vocational Technical College. In 1982 Mike joined Bigelow & Lennon Construction and helped with the construction of hundreds of homes for Bigelow Home. Mike sat on an advisory committee that formed to draft the Minnesota Energy Code for the state.

**Sharon Rome**
Sharon is a hobby beekeeper and has had hives for the last ten years. Her hobby rose from a lifelong interest in bees and the natural world.

**Jim Russell**
In 1966, Mr. Russell began teaching at RCTC. He retired in 1996 as Chair of Social Science. Before and since retirement, he has taught over 30 classes for the RCTC Elderhostel and LIFE programs and for various other colleges. Jim has received several awards during his career. In 1989, he was named Teacher of the Year by faculty at RCTC; in 1995, he was selected by the college administration as the Outstanding Division Chair; in 2005, he received a Distinguished Faculty Award. He was faculty president for five terms. Currently, Mr. Russell serves on many local committees and boards. He also writes occasional columns for the Rochester PB.

**Julie Szamocki**
Julie Szamocki, M.Ed., MT-BC is a board-certified music therapist. She has worked full-time at Seasons Hospice in Rochester since beginning their music therapy program in October 2008.

**Todd Shea**
A meteorologist for 22 years, he coordinates weather information with officials and media partners in 28 counties around the region and routinely performs research, conducts storm surveys, and presents talks to help educate people about hazardous weather.

**Lisa Van Getson**
Lisa is the Foundress of Hermitage Farm Center for Healing. She is among many Healing Arts Practitioners who hold the same dream and vision of healing the mind-body-spirit in complementary alternatives ways. Her professional life includes 28 years of nursing, and as a Family Nurse Practitioner she has her career in cardiovascular surgery specialty at Mayo. She is a trained Clinical Medical Ethicist and has a Master’s Degree in Theology and Spirituality.

**Wayne Wellik**
Over 40 years with IBM. Line and middle management in Systems Assurance. Development manager of IBM server power supplies. Project manager for BGL hardware development. For the last 5 years have been BlueGene worldwide installation project manager.

**Michael Wojcik**
Michael was elected to the Rochester City Council in 2008. Originally an electrical engineer, Michael has also worked as a financial analyst and a consultant. Among other degrees, he has an MBA from the U of M Carlson School of Management. Community activities include the Olmsted County Environmental Commission, neighborhood, and church groups. He and his wife have one daughter and a Paws and Claws mixed-breed dog.
MEMBER REGISTRATION – Winter 2010

#1  #2 Place check mark in box of the class you (#1) and your spouse/friend (#2) will attend.

- No Charge Winter Kickoff Film (1300)
- $16 Library, Lunch, Learn-Mem (1301)
- $10 IBM BlueGene-Member (1318)
- No Charge Current City Issues-Member (1320)
- $18 History of Public Library-Member (1322)
- $9 The Romantic Era-Member (1371)
- $32 Savages, Scoundrels, etc.-Member (1324)
- $7 Vikings in New World-Member (1326)
- $32 Europe/Age of Reaction-Member (1328)
- $9 Lincoln at 201-Mem (1330)
- $7 World War II–Europe-Member (1360)
- $7 World War II–Pacific-Mem (1364)
- $7 Faces of Fascism-Member (1358)
- $7 Battle of Wood Lake-Member (1332)
- $12 Counterfactuals-Member (1375)
- $7 King Cnut-Member (1334)
- $25 American Indian Culture-Member (1367)
- $7 Norwegian Invasion-Member (1340)
- $16 Political Philosophy Club-Member (1379)
- $25 Great Decisions 2010-Mem (1382)
- $9 Hermitage Farm Center-Mem (1342)
- $5 Complementary/Alternative-Mem (1344)
- $9 Stem Cells-Mem (1373)
- No Charge Reading in Retirement-Mem (1303)
- $7 Picturing the News-Mem (1346)
- $10 Buddhist-Christian Interfaces-Mem (1362)
- $7 Many Faces of Love-Member (1348)
- $14 Art Center Tour-Member (1305)
- $9 Music Therapy-Member (1350)
- $7 Resurrection Theme-Member (1352)
- $3 Raingarden Party-Member (1354)
- $7 National Weather Service-Member (1369)
- $9 Green Building-Mem (1377)
- $5 Dialing Down the Stars-Mem (1311)
- $7 The Buzz on Bees (1356)
- $52 TRIP–Almost, Maine (1313)
- $62 TRIP– Hiding in the Open (1314)
- $102 TRIP– Mama Mia (1315)
- $62 TRIP–Dixie Swim Club (1317)
- $62 TRIP–Queens of Burlesque (1316)
- $15 LIFE Membership (1299)

TOTAL DUE*  

*Members Only: Register before Jan. 1 and take $3 off your total due.

Name(#1)     Name(#2)     Email(s)

Address

City State Zip Code

Telephone: Day Evening

REQUESTED - Social Security Number(s) (first-time users only)

Payment Options:  

☐ Check  (Number:____________________)  ☐ VISA  ☐ MasterCard

Make checks payable to RCTC

Card Number_________________________ Exp__________
Signature__________________________

CHECK OR CREDIT CARD:
Mail this completed form and payment to:
LIFE Program
Box 50
851 - 30th Avenue S.E.
Rochester, MN  55904

CREDIT CARD ONLY:

- Telephone: Call 507-280-3157
  When you call, please have this completed form available along with credit card information.
- Fax: Fax this completed form to 507-280-3168
#1  #2 Place a check mark in box of the class you (#1) and your spouse/friend (#2) will attend.

- [ ] No Charge Winter Kickoff Film (1300)
- [ ] $19 Library, Lunch, Learn-Non-Mem (1302)
- [ ] $12 IBM BlueGene-Non-Member (1319)
- [ ] $5 Current City Issues-Non-Member (1321)
- [ ] $23 History of Pub Library-Non-Mem (1323)
- [ ] $12 The Romantic Era-Non-Member (1372)
- [ ] $39 Savages, Scoundrels-Non-Mem (1325)
- [ ] $10 Vikings in New World-Non-Mem (1327)
- [ ] $38 Europe/Age of Reaction-Non-Mem (1329)
- [ ] $12 Lincoln at 201!-Non-Mem (1331)
- [ ] $10 WW II–Europe-Non-Member (1361)
- [ ] $10 World War II–Pacific-Non-Mem (1365)
- [ ] $10 Faces of Fascism-Non-Member (1359)
- [ ] $10 Battle of Wood Lake-Non-Mem (1333)
- [ ] $15 Counterfactuals-Non-Member (1376)
- [ ] $10 King Cnut-Non-Mem (1335)
- [ ] $32 Am Indian Culture-Non-Mem (1368)
- [ ] $10 Norwegian Invasion-Non-Mem (1341)
- [ ] $20 Political Phil Club-Non-Mem (1381)
- [ ] $35 Great Decisions 2010-Non-Mem (1383)
- [ ] $12 Hermitage Farm Center-Non-Mem (1343)
- [ ] $8 Compl/Alternative-Non-Mem (1345)
- [ ] $12 Stem Cells-Mem (1374)
- [ ] $5 Reading in Retirement-Non-Mem (1304)
- [ ] $10 Picturing the News-Non-Mem (1347)
- [ ] $15 Buddhist-Christian Interf-Non-Mem (1363)
- [ ] $10 Many Faces of Love-Non-Member (1349)
- [ ] $19 Art Center Tour-Non-Member (1306)
- [ ] $12 Music Therapy-Non-Member (1351)
- [ ] $10 Resurrection Theme-Non-Member (1353)
- [ ] $5 Raingarden Party-Non-Member (1355)
- [ ] $10 National Weather Service-Non-Mem (1370)
- [ ] $12 Green Building-Non-Mem (1378)
- [ ] $6 Dialing Down the Stars-Non-Mem (1312)
- [ ] $10 The Buzz on Bees-Non-Mem (1357)

One-Day Trips are available for non-members thru the Rochester Community Education Catalog.

Non-Member

TOTAL DUE

Name(#1) Name(#2) Email(s)
Address
City State Zip Code

Telephone: Day Evening

REQUESTED - Social Security Number(s) (first-time users only)

Payment Options:  [ ] Check (Number:  )
  Make checks payable to RCTC
  [ ] VISA  [ ] MasterCard
  Card Number  Exp.
  Signature

CHECK OR CREDIT CARD:
Mail this completed form and payment to:
LIFE Program
Box 50
851 - 30th Avenue S.E.
Rochester, MN  55904

CREDIT CARD ONLY:
- Telephone:  Call 507-280-3157
  When you call, please have this completed form available along with credit card information.
- Fax:  Fax this completed form to 507-280-3168

LIFE Winter 2010 Catalog
Cost / LIFE Membership
All individuals participating in LIFE classes are required to either be LIFE members or pay an increased fee as non-members. Membership for the year is $25 per person and is in effect September 1 through August 31 each year. An additional, nominal fee is charged per course or event. Quarterly kickoffs are free.

Anyone of retirement age (50 years and older), or a spouse of an eligible participant, 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!

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

Location
LIFE holds most classes in comfortable classrooms at the Heintz Center, 1926 College View Drive S.E., Rochester, Minnesota. 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 brochure, complete the registration form and:

• Return it by mail to LIFE, 851 - 30th Avenue S.E., Box 50, Rochester, MN 55904-4999.
• Call 507-280-3157 (have class registration and credit card information available).
• Fax the completed form 507-280-3168.

Specific information is included on the registration form.

Cancellation and Refund Policy
All class cancellations must be received a minimum of one week prior to the starting date of the class to qualify for a 90% refund. A 10% processing fee will be retained for all refundable cancellations.

All refunds are processed through the State of Minnesota system that requests a social security number to process payment. Without a social security number a refund will not be processed. All payments through the State of Minnesota require a minimum of three weeks to be processed. Your patience is appreciated.

We reserve the right to cancel classes. In the event that a class is cancelled to low enrollment or instructor conflict, refunds will be processed in full. In the event that a class is cancelled due to inclement weather or other emergencies, it will be announced via KNXR and KROC radio stations. If all Rochester Public Schools are cancelled due to weather, all LIFE classes are cancelled. Every effort will be made to reschedule these sessions. If an individual is unable to attend on the rescheduled date, a full refund will be processed. LIFE annual membership fees are non-refundable.

Equal Access Policy
Rochester Community and Technical College and University of Minnesota Rochester are equal opportunity educators and employers. Services are provided without discrimination as to race, gender, color, creed, religion, disability, national origin, marital status, or sexual orientation. Arrangements will be made to reasonably accommodate persons with disabilities and/or provide these materials in alternative formats providing two weeks notice. For more information, please call 507-280-7218.

Contact Information
For further information about any of the activities in this brochure, please contact:

Chrisanne Pieper
Senior Program Director
Telephone: 507-280-3157
E-mail: chrisanne.pieper@roch.edu

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