March – April, 2009

How to Register for Classes and Events:

1. Phone: call 507/457-2331
2. Email: retiree@winona.edu
3. By Mail: The Learning Club, c/o WSU Retiree Center, P.O. Box 5838, Winona, MN 55987
4. In Person: WSU Retiree Center located on the 1st floor of the WSU Alumni House, 227 West 7 Street (Corner of Winona & Wabasha Streets). Parking is available in the back.

All classes/events that have a fee are required to be paid in advance of the deadline indicated (by mail or in person as indicated above). Reservation for the class/event is not secured until payment is received.

Go green - The Learning Club Newsletter is available on-line the 15th of even months
www.winona.edu/retiree
(click The Learning Club on the left navigation bar)
print your own copy
Save trees - receive an email copy
Sign up– 457-2331
Introduction of Senior University WSU

The last page of this edition of The Learning Club Newsletter is information and registration for a new experience being offered at Winona State University – Senior University, WSU. Long term classes (4-5 weeks) created with the retiree in mind; no homework, no tests. Classes are taught by emeriti professors and topic experts.

Classes are open to the community. The Learning Club members are invited and encouraged to participate. Your interest and support will produce a series of classes each semester relating to current events, history, philosophy, science, art, poetry and literature to provide enrichment and lifelong learning opportunities for retirees in the community.

Housing in Winona County

As Winona’s County Recorder, Bob Bambenek has the most up to date information on housing trends in our part of the state. Current economic news of foreclosures and a slow real estate selling atmosphere will be discussed by Bob and a real estate agent from our area. Come with your questions and concerns.

Date: Tuesday, February 17, 2009  
Time: 10:00 am  
Location: Winona County Historical Society

Origin of Mammals

Presenter, Dr. Robert Sloan, will describe how we have become the way we are, and how our ancestors developed hair, milk, warm blood and great hearing!

Date: Thursday, February 19, 2009  
Time: 10:00 am  
Location: Winona County Historical Society

Mind - Body Connection

Lisa Rudrud’s presentation explains the interrelationship of our minds and bodies, and effects each has on the other. She may include brief meditation and breathing techniques.

Lisa is the fitness director at Winona's YMCA, and has spent 19 years in the fitness industry. Her education degrees include a B.S. in Exercise Science, a Master's in Sport Management, and more recently a doctorate of Education Leadership. She attends yoga workshops and teaches many fitness classes including yoga.

Date: Thursday, February 26, 2009  
Time: 1:00 pm  
Location: Winona County Historical Society
History and Culture of Denmark

Denmark once was the preeminent Scandinavian power. How did it achieve this role and how did it lose it? What is Denmark like today? What is Denmark’s culture today? What is its form of government? What is its role in Scandinavia? What are its industries?

Eric Sorensen will discuss the history and culture of Denmark. Eric, City Manager, Winona, studied and worked in Denmark. His father emigrated from Denmark, as well as his maternal grandparents. He was raised with two Danish dialects. Eric’s initial visit to Denmark was to meet his Grandfather who was 85 at the time. He studied and worked in Denmark and lived there for more than three years.

Date: Wednesday, March 11, 2009
Time: 10:00 am
Location: Winona County Historical Society

Scandinavian History, Culture and Social Policy

A two part series from Ron Steven’s on the History, Culture and Social Policy of Scandinavia.

Date: Tuesday, March 17, 2009
Time: 10:00 am
Location: Winona County Historical Society
- Introduction to Scandinavian society and culture
- Overview of interrelated histories of Scandinavian (Nordic) countries
- Discussion of cultural characteristics and implications for social policy

Date: Wednesday, March 25, 2009
Time: 10:00 am
Location: Winona County Historical Society
- Culture and Social Policy
- Social Policy and Medical Care in Norway
- Implications of US Policy??

Ron Stevens, Professor Emeritus, Sociology, Winona State University, 1968 to 2004, developed an interest in Scandinavian culture and society while creating a new course in Medical Sociology to be added to the WSU curriculum. Although he has Scandinavian ancestry (Norwegian), his main interest has been more academic than personal. While attempting to better understand different approaches to health care delivery, the Scandinavian model (usually Swedish) was frequently mentioned in research literature. This led to a summer research grant and later a sabbatical to do research in Norway, and resulted in a much broader interest in the Scandinavian way of doing things.
Regulations and Modalities of Massage Therapy

Massage therapist, Donna McBride, will present the different modalities of massage that she does – i.e. Swedish, Heated Stone, Pregnancy, etc., and speak about local and national regulations. She will include trends in the massage profession and consumers use.

Donna has been a massage therapist for 10 years. She graduated from Sister Rosalind Gefre’s School of Professional Massage in Rochester. She has worked at Winona Health for the past five years for the Outpatient Rehabilitation Department.

Date: Thursday, March 19, 2009
Time: 10:00 am
Location: Winona County Historical Society

**Probation and Parole**

Otis Burke will give an overview of probation and parole as it impacts offenders who reside in Winona County. He will define the distinction between probation and parole as well as the consequences for violating conditions of either of these.

Burke has a degree in Psychology from the University of St. Thomas. After graduating, Mr. Burke worked for Project Remand in Ramsey County for 8 years. He has been a Probation Parole Agent for Winona County for 13 years.

Date: Tuesday, March 24, 2009
Time: 10:00 am
Location: Winona County Historical Society

**Winonans In Tanzania**

A group of 26 Winona area medical personnel served voluntarily in Tanzania in February of 2008. The group will share their experiences through a Power Point presentation. Their 45 minute presentation will be followed with a question and answer period. This is a program you don’t want to miss.

The panel of presenters will include Dr. Suzanne Jelense, Dr. Dave Rowekamp, Betsy Rowekamp R.N., Fred Welke, Anesthesia and Willie Hahn.

Date: Tuesday, April 14, 2009
Time: 1:00 pm
Location: Winona County Historical Society
Keeping In-Sight

Dr. Laurel Quinn shares helpful tips on intervention anyone can do to maximize eye health. She provides current information on several common eye problems and discusses the nutritional, lifestyle, medical and surgical treatment options available.

Dr. Quinn provides comprehensive eye care services including surgery, intraocular lens implantation, treatment of strabismus and diabetic eye disease at Winona Health’s Eye Care Center. Her special interests include pediatric ophthalmology.

Date: Monday, April 20, 2009
Time: 1:00 pm
Location: Winona County Historical Society

Port Authority – When, How and What

This presentation covers the 40 years of the Port Authority of Winona - 1968 to 2008. Judy Bodway, Assistant City Manager, discusses the creation of the Port Authority, its relationship to the City, and the activities undertaken in 40 years. A question and discussion period will follow the presentation.

Judy Bodway has worked for the City of Winona for 24 years; Director of Community Development, Assistant City Manager for Economic Development and Port Authority. She was born and raised in Cloquet, MN and graduated from the University of Minnesota – Duluth in Urban Studies and Sociology. Prior to coming to Winona she worked in Rockford, IL for ten years in Planning and Community Development.

Date: Thursday, April 23, 2009
Time: 1:00 pm
Location: Winona County Historical Society
The Learning Club

CLUB SCHEDULES

**Mystery Readers Book Club**

The Mystery Readers Book Club meets on the 4th Tuesday of every month. Enjoy reading and discussions of your favorite authors with other Learning Club members.

**Dates:** February 24 – Charlotte MacLeod  
March 24 – Jonathan Gash  
April 28 – Robert Ludlum  
**Time:** 10:30 am  
**Location:** Callista Court - 1455 West Broadway

**Spinning a Yarn – Storytelling Group**

The Storytelling Group is helping to revive the oral tradition and encourages people to attend who are interested in speaking or just listening – 2nd Thursday of each month.

**Dates:** Thursdays, March 12 and April 9, 2009,  
**Time:** 1:00 pm  
**Location:** 1st floor of the WSU Alumni House, corner of 7th & Winona Streets

**Biking with The Learning Club**

Biking with The Learning Club is the 3rd Monday of every month*.  
Sign up at The Learning Club Open House, February 11, 2009, email retiree@winona.edu or call The Learning Club, 457-2331.

Specific directions are e-mailed the week before or telephone contact can be made also. We bike in a loose group about 15-20 miles. It is usually out and back, and then we go out for lunch.

All riding is done on a trail – paved or packed limestone. All levels of bikers are welcome. The trails can be hiked, so walkers are welcome, too. We make reservations for lunch, so we need to know how many are participating.

**Dates:** Mondays, April 27 (*4th Monday) so maybe the weather will be better. We will bicycle the Pepin County Trail (Chippewa River Trail and have lunch in Nelson at the Cheese Factory.

**Times and Locations:** to be determined  
Information will be forwarded to members a week before date of event.

May 18  
June 15  
July 20  
August 17
Senior University WSU
Spring 2009

History of the Earth & Its Inhabitants
Robert E. Sloan
Covers the Origin of the Universe, the Solar System and the development of Earth through Time. The history of life, with special emphasis on animals & plants. No educational prerequisites needed.
Maxwell 259 • 5 weeks • 2-4 pm
Mondays, February 23 and March 2, 9, 16, 23

The Modern Poem
Emilio DeGrazia
What "poetry" is, its traditional forms and how these forms were changed under the influence of "modernism." Study individual poems closely, learn ways to read for greater understanding poems that today often seem incomprehensible.
Maxwell 259 • 5 weeks • 2-4 pm
Tuesdays, March 17, 24, 31 and April 7, 17

Technology Made Simple
WSU Students - Individual Instruction
Technology and Computers - Made Simple 4 week class covers basic Internet and computer uses, Microsoft Office Suite, email, digital cameras, iPods, text messaging.
Krueger Library 109 • 4 weeks • 2-3:30 pm
Wednesdays, March 11, 18, 25 and April 1

Middle East Issues
Ahmed El-Afandi
Covers up-to-date discussion of current Middle East issues.
Maxwell 259 • 4 weeks • 2-4 pm
Wednesdays, May 6, 13, 20, 27

Senior University WSU
A peer led set of short courses taught by retirees and accomplished adults to provide intellectual and cultural stimulation and growth, thus providing today’s accomplished adult with opportunities for lifelong learning and leadership, combined with the fellowship of peers sharing a common quest for continued growth.

Senior University WSU
non-credit, no tests, no papers, no homework.

For more information, please contact:
WSU Retiree Center
227 W 7th St
Winona, MN 55987
507.457.5565
www.winona.edu/retiree

Name ________________________________
Address ________________________________
City/State/Zip ________________________________
Phone ________________________________
Email ________________________________
If you have not attended a WSU course before, please provide the following information:
WSU Retriever/Warrior ID ________________________________
OR Social Security # ________________________________

Course Registration:
____ History of the Earth & Its Inhabitants $36
____ The Modern Poem $26
____ Technology Made Simple $36
____ Middle East Issues $16
Total Enclosed $ ______

Mail registration to:
WSU Retiree Center
227 W 7th St
Winona, MN 55987
# Learning Club Calendar of Events - February – April, 2009

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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