





Newsletter and Schedule

March/April, 2019

<https://www.winona.edu/retiree/learningclub.asp>

<p>Learning Club Council Contact Information</p> <p>Chair Dick Dahl richard.dahl580@gmail.com</p> <p>Vice Chairs and Program Committee Chairs: Walt Carroll wandm@usfamily.net</p> <p>Secretary: Ann Rethlefsen arethlef@yahoo.com</p> <p>Membership/Hospitality Chair: Mary Jane Sobeck mjsobeck@hbcu.com</p> <p>Publicity Chair: Carole Stever carolestever@charter.net</p>	<p>WSU Learning Club</p>  <p>the learning club</p> <p>Learning in Retirement</p>  <p>WINONA STATE UNIVERSITY Retiree Center</p> <p>WSU Liaison:</p> <p>Jess Kauphusman, Director, Retiree Center jkauphusman@winona.edu</p> <p>Nancy Amann, Office Mgr, Retiree Center namann@winona.edu</p>	<p>The Learning Club Mailing Address:</p> <p>Winona State University WSU Retiree Center P.O. Box 5838 Winona MN 55987</p> <p>Location: 1st floor/ WSU Alumni House 227 West Seventh Street Corner of Winona & Wabasha Streets</p> <p>retiree@winona.edu http://www.winona.edu/retiree</p> <p>Learning Club Memberships \$20/person annually Contact: 507-457-5565 for details</p>
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*The Learning Club
invites all members to
share ideas for programs
and attend
programming meetings.
The next meeting is 2/25/19
10:00 am - History Center*

Go green - The Learning Club Newsletter is available online the 15th of even months
<https://www.winona.edu/retiree/learningclub.asp>
(click The Learning Club on the left navigation bar)
You may print a copy or read online

Save trees - receive an email copy

Sign up- 457-5565

We are no longer asking Learning Club members to call or email the WSU Retiree Center to register for Learning Club events. We will continue to send a weekly email reminding you of upcoming events. If you are interested in attending, you just need to show up. Easy and convenient!

FOOD WASTE MANAGEMENT

What happens to produce that goes bad before the grocery store sells it? What do grocers do with packaged goods that pass their expiration date? What are the differences between “Expiration,” “Best By,” and “Sell by” dates? Laura Scott, Food Service Director at Hy-Vee, will answer these and other questions at this Learning Club presentation.

Date: Thursday, March 7, 2019

Time: 10:00 a.m.

Location: Winona County History Center



MACHU PICCHU AND THE SACRED VALLEY



Experience the beauty and mystery of the Andes. Terri and Mike Karsten will share their pictures of Cuzco, Machu Picchu, and other sites in Peru’s Sacred Valley. Travel with Terri along the famous Inca Trail and witness arriving at the Sun Gate (Inti Punku), the original entrance to Machu Picchu. Learn about this lost city in the clouds, and the Incan civilization that built it, along with other Incan architectural wonders in the Sacred Valley.

Mike and Terri Karsten visited Machu Picchu in the fall of 2017. Terri Karsten is an award-winning author of four books and dozens of articles and short stories. She taught high school English until retiring in 2017, and now works part-time as a writing coach. Mike works part-time as an independent contractor at Winona Monument.

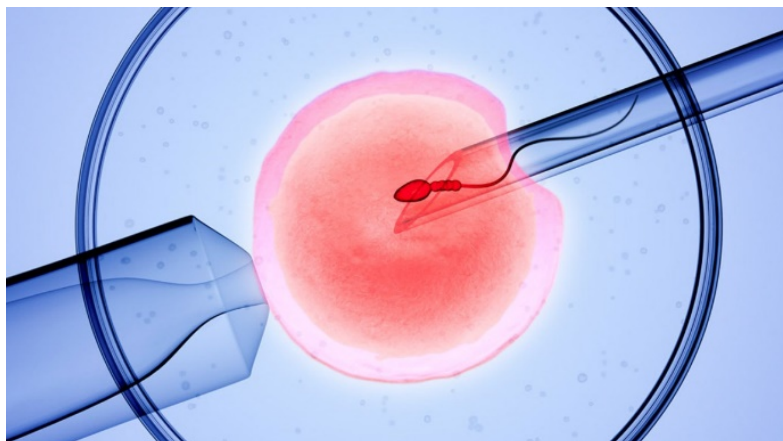
Date: Monday, March 11, 2019

Time: 10:00 a.m.

Location: Winona County History Center

GENETICS XII: MAKING BABIES – FERTILITY, INFERTILITY & TECHNOLOGY

Reproduction is the basis of heredity and the science that we call genetics. In this power point presentation, topics will include the reasons for male and female infertility and the technologies that provide the many ways to overcome the problems encountered in human reproduction. The technology discussed will include artificial insemination, cryopreservation, surrogate mothers, in vitro fertilization, intracytoplasmic injection, GIFT, and ZIFT. In addition, the possibility of parthenogenesis, cloning, extracorporeal gestation, and the artificial uterus will be briefly addressed. As always, the technologies will also be related to societal ramifications.



This is the twelfth presentation on genetics by Richard Kowles, Distinguished Professor Emeritus in Biology at Saint Mary's University of Minnesota in Winona, MN.

Date: Monday, March 18, 2019

Time: 1:00 p.m.

Location: Winona County History Center – Wanek Room



WINONA ELKS CLUB

Join Darlene Rothman, Past Exalted Ruler of Winona Elks #327, as she offers the Winona Learning Club a look into the workings of the fraternal order of Elks. Ms. Rothman will give a lively synopsis of the history of the Elks from its inception until the present day. Questions and discussion will be welcomed after the presentation.

Date: Wednesday, March 27, 2019

Time: 10:00 a.m.

Location: Winona County History Center

HOW TO WORK WITH AN ACUPUNCTURIST



Find out how an acupuncturist personalizes a treatment for your condition. There will be a quick introduction to acupuncture and then a more in-depth analysis of how an acupuncturist can approach an illness or condition. Find out what they need to know and what you can keep track of to help your practitioner do the most with your treatments. Winona acupuncturist Jade Fang will ask for multiple volunteers to try acupuncture, do an initial treatment, and then follow up with questions to address the root of the condition or different aspects that may not have been addressed before.

Date: Wednesday, April 3, 2019

Time: 10:00 a.m.

Location: Winona County History Center

VAPING 101

Youth e-cigarette use is a public health threat. In fact, the FDA has called it an epidemic. Since 2014, e-cigarette use has increased by 50% among MN high school students. Overall, e-cigarette use is now double conventional cigarette use.

Join us for an interactive session led by Marie Kovesci where you will learn how nicotine harms developing brains, the risk of addiction, and how youth are targeted by e-cigarettes. You'll see and handle a variety of e-cigarette and vape devices designed to look like everyday items such as candy or school supplies.



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Date: Monday, April 8, 2019

Time: 1:00 p.m.

Location: Winona County History Center

REAL ESTATE IN WINONA

Winona County Recorder Bob Bambenek will review the highlights, records and trends of real estate sales in the Winona area during 2018 and early 2019. Dede Mraz, Managing Broker at Edina Realty, will overview the local real estate market and describe the role of a real estate agent in selling or purchasing a home. Patrick Smock, Mortgage Loan Banker with WNB Financial will discuss the importance of obtaining a pre-approval for mortgage funding and will also comment on current interest rates and trends. There will also be time for questions.

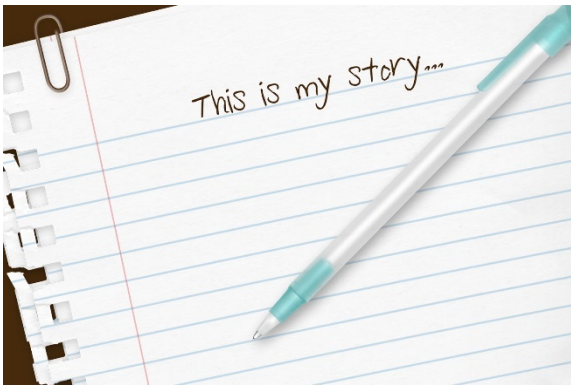


Date: Monday, April 15, 2019

Time: 1:00 p.m.

Location: Winona County History Center

WRITING YOUR LIFE: AN INTRODUCTION TO MEMOIR



Everyone has a story to tell. Whether you've lived all your life in one place or travelled the world; whether you've faced many hardships or lived on easy street, your life has a story worth sharing. Writing your own memoir can be a powerful reminder of the 'old days', an enduring legacy for your family, or simply a fun trip down memory lane. In this workshop, Terri Karsten will offer tips on memoir writing, share some examples of memoirs, and lead beginning writing exercises. Participants should bring a writing utensil and notebook or laptop.

Terri Karsten is an award-winning author of four books and dozens of articles and short stories. She taught high school English until retiring in 2017, and now works part-time as a writing coach. She is also the editor and publisher of the Wagonbridge Publishing, a non-traditional publisher dedicated to helping emerging writers share their stories.

Date: Monday, April 22, 2019

Time: 10:00 AM

Location: Winona County History Center

MYSTERY READERS BOOK CLUB

The Mystery Readers Book Club meets on the 4th Tuesday of every month, except December, at Callista Court. Members read any work by the author chosen for the month. To begin discussion one member gives a biographic summary of the author and information about his/her work.



Date: Tuesday, March 26, 2019 - Author: Deborah Crombie
 Tuesday, April 23, 2019 – Author: Tess Gerritsen
Time: 10:30 a.m.
Location: Callista Court - 1455 West Broadway

STORYTELLING GROUP

September to May

Meeting Date: 3rd Wednesday of the Month

Location: WSU Retiree Center, WSU Alumni House, 227 West Wabasha.

Dates: Wednesday, March 20, 2019 – 1:00 p.m.
 Wednesday, April 17, 2019 – 1:00 p.m.



Visitors or participants are always welcome. Parking is available in the driveway behind the Alumni House and the front door is handicap accessible. New members are welcome to come and listen or participate by telling a short story.

Learning Club Calendar of Events – March/April, 2019

Date	Event	Location	Time
<i>March</i>			
7 – Thursday	Food Waste Management	Winona County History Center	10:00 AM
11 – Monday	Trip to Machu Picchu	Winona County History Center	10:00 AM
18 – Monday	Genetics XII: Making Babies	Winona County History Center - Wanek	1:00 PM
20 – Wednesday	Storytellers Group	WSU Retiree Center – 227 W. 7 th St.	1:00 PM
25 – Monday	Learning Club Council Meeting	Winona County History Center	10:00 AM
26 – Tuesday	Mystery Readers Book Club	Callista Court – 1455 W. Broadway	10:30 AM
27 – Wednesday	Winona Elks Club	Winona County History Center	10:00 AM
<i>April</i>			
3 – Wednesday	Acupuncture	Winona County History Center	10:00 AM
8 – Monday	Vaping	Winona County History Center	1:00 PM
15 – Monday	2018 Real Estate in Winona	Winona County History Center	1:00 PM
17 – Wednesday	Storytellers Group	WSU Retiree Center – 227 W. 7 th St.	1:00 PM
22 – Monday	Writing Your Life: Intro to Memoir	Winona County History Center	10:00 AM
23 – Tuesday	Mystery Readers Book Club	Callista Court – 1455 W. Broadway	10:30 AM
29 – Monday	Learning Club Council Meeting	Winona County History Center	10:00 AM

Stay Curious – Keep Learning!!