

Winona State University Retiree Center

SPRING 2020



<http://www.winona.edu/retiree/senioruni.asp>

For further program information, please call 507.457.5565

WHAT IS SENIOR UNIVERSITY?

Senior University WSU is a program of the Winona State University Retiree Center. Senior University is a peer-led set of short courses taught by professor emeriti, WSU faculty, and topic experts to provide intellectual and cultural stimulation and growth, thus providing opportunities for lifelong learning and leadership, combined with the fellowship of peers sharing a common quest for continued growth.

Non-credit classes, one day a week during a 4-6 week term, no tests, no grades.

Senior University is open to retirees and community adult learners.

Retiree Center Director, Jessica Kauphusman
Retiree Center Office Manager, Nancy Amann

507-457-5565
retiree@winona.edu

SENIOR UNIVERSITY CURRICULUM COMMITTEE:

**Jim Reynolds, Rill Reuter, Jim Bromeland
Hamid Akbari, Richard Shields, Jim Hurley, Jess Kauphusman**

The Winona State University Retiree Center exists to support the mission of Winona State University and enrich the campus community as well as the lives of retired staff, faculty and administration by providing institutional connections between the university and retirees who may wish to continue their intellectual and social participation in collegial life and service to the university.



Senior University Classes

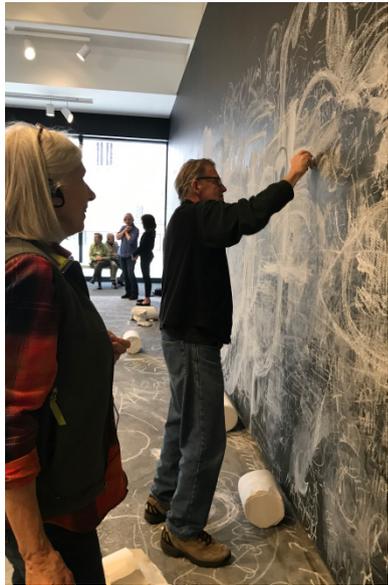
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Art History "Isms" Museum Tour - Spring 2019

Peace and Justice After War

Instructor: David Speetzen

Day: Monday

Time: 3:30 - 5:30 p.m.

Location: Maxwell Hall, Room 257

Sessions: January 20, 27, February 3, 10, 17, 24

Course Fee: \$40.00

In this course we will look at some of the practical and ethical questions that arise in the aftermath of war, especially those having to do with military occupation, insurgency and counterinsurgency, withdrawal and exit strategy, punishment for war crimes, political reconstruction, restitution and reparations, and reconciliation. Our goal is to better understand the challenges we and others face seeking peace and justice after war.

David Speetzen is a philosophy professor and the director of the Conflict Studies program at Winona State University. He has been teaching courses on the morality of war for about a decade. Before that, he wrote his dissertation on the ethics of democratic regime change. Inspired and disillusioned by the prolonged American occupations of Iraq and Afghanistan that began after 9/11, David is drawn to questions about how to respect the human rights and self-determination of vanquished societies during occupation and reconstruction after war, and how to establish a lasting peace between former enemies.



How Things Work: Kitchen Chemistry Edition

Instructor: Jennifer Zemke

Day: Thursday

Time: 1:00-2:30 p.m.

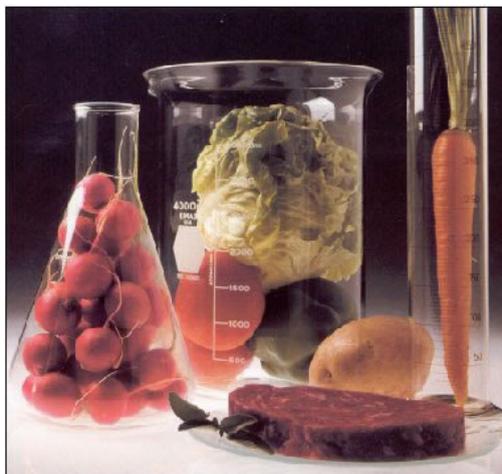
Sessions: February 6, 13, 20, 27, March 5

Location: Pasteur Hall, Room 307

Course Fee: \$40.00

This course is a survey of important molecular structures that exist in the kitchen. Participants in this course will discuss current and historical perspectives of food additives, learn about flavor chemistry and common classes of flavor molecules, and will actively investigate common food products for their energy content and presence of certain additives. This course is a combination of discussion and hands-on activities that revolve around the chemistry of food.

Dr. Zemke is a WSU Alum (BS Chemistry, 2005) and has been part of the faculty in the WSU Chemistry Department since 2011. Her Ph.D research focused on trying to improve the efficiency of solar cells. Since her Ph.D work, Dr. Zemke still works with semiconductor nanoparticles for various applications, but she also experiments at work and at home in just about everything she can including cheese making, fermentation and wine chemistry.



Engaging Presence in Living: Mindfulness Amidst Chaos

Instructors: Paul Stern

Day: Monday

Time: 3:30-5:30 p.m.

Sessions: March 23, 30. April 6, 13

Location: Tau Center, Room B214

Course Fee: \$40.00

Much of the time, we search for a means to ease our suffering and calm the chaos we encounter within our lives. We do so without taking the time to recognize that answers to many of our challenges emerge as part of the experience of living our lives with a deepened sense of presence and intimacy to “showing up” where we are at. This course will provide scaffolded practice in breath, movement, and meditation accessible to everyone. As part of the learning experience, participants will generate their own holistic support model to assist in bridging what is learned in the class back into their lives in a meaningful and impactful manner.

Paul Kisho Stern is Co-Founder and Co-Director of Manitou Center, a local non-profit organization providing for the forwarding of holistic human development through offering community accessible courses in mind, body, and spirit practices. He is also the founder and spiritual director of Zen Garland Dharma River, a local Zen practice community. He is a martial arts instructor, a qi gong instructor, a meditation instructor, with over 30 years of practice experience and over 20 years of experience as an instructor.



SENIOR UNIVERSITY SPRING 2020

Registration for courses is primarily done online with a credit card. If you don't have access to a computer or would prefer to pay by check, please stop in at the Retiree Center, and we can assist you.

Start your online registration here:

https://mnsu.rschoolday.com/public/getclass/category_id/219/program_id/37

Watch your email for a message confirming your registration and providing additional details about the class or classes for which you have registered. If you do not receive a confirmation email, or if you have any questions or need assistance, contact us weekdays during regular business hours at:

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<http://www.winona.edu/retiree/senioruni.asp>

WSU Outreach and Continuing Education

continuingeducation@winona.edu

507.457.5080 (Direct)

800.342.5987 Ext. 5080 (Toll free)

SENIOR UNIVERSITY CANCELLATION AND REFUND POLICY

If a class must be canceled due to insufficient enrollment, inclement weather, or emergency circumstances, you will be notified as soon as possible and receive a full refund.

You may withdraw from a class and receive a full refund if we receive your withdrawal and refund request in writing, via email, mail or in person, at least five full business days before the first class date.

HOPE TO SEE YOU IN CLASS!



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