



The Learning Times

Publication of Learning in Retirement, Inc.

January - June 2011 NEWSLETTER

Winter Membership Meeting

Friday, January 21, 2011

Snow date Friday, January 28, 2011

Registration at 1 p.m.

Meeting at 1:30 p.m.

Faith Lutheran Church Gym

2027 Industrial Drive

(Corner Dix Road and Industrial Drive)

Please park and enter through the rear of the church.

Entertainment: Lincoln University Vocal Ensemble

The Winter Membership Meeting will be held on Friday, January 21st, at Faith Lutheran Church. Registration begins at 1:00 p.m. with the meeting being called to order at 1:30 p.m. by our 2011 President, Pee Wee Forck.

Entertainment will be provided by the musical group from Lincoln University led by Michelle Gambling-Green.

President Forck will conduct a short business meeting followed by brief descriptions of upcoming travel events, engaging learning opportunities and individual club interests.

Educational Travel, Club, and Curriculum displays and an opportunity to register will be available **after the meeting**. You may also pay dues for the upcoming year at that time.

Light refreshments will also be available after the meeting in the assembly hall.

There is no cost to attend this meeting, but registration is needed to plan seating and refreshments.

Please indicate your reservation on the Membership Meeting/Course Registration Form that is inserted in this newsletter.

Door prizes for free courses will be given. Hope to see you Friday, January 21st! Bring a friend!

President's Notes

By PeeWee Forck



Fellow LIR Members:

Happy New Year for 2011! (Gosh! That even feels odd to write.)

Another year has started, making this the 19th year for Learning in Retirement. LIR has touched so many lives here in Mid-Missouri. We want to thank the foresight of the people involved for starting such a wonderful organization, especially Dr. Gary Scott, the founder.

Maybe I need to introduce myself. I am Mike Forck (my friends call me "PeeWee"); and, believe it or not, I'm the President for 2011. (I don't believe it.) I have been married to Mary Jane for almost 42 years. (She has tolerated me; now you all will have to for the next year.) We have three children, Keith, Kelly, and Kim, and 10 grandchildren. The oldest grandchild was 10 when the last one was born 2 years ago. They all make a very active and noisy holiday when we all get together. I have been a farmer all my life, dairy until 1996 and then grain and cattle, which we still are involved in with our two boys. I've lived in the same house all my life except for the time I was in the army. I've been on numerous boards and organizations and was County Commissioner for Cole County for 14 years until two years ago. All in all, we have had a wonderful life and have met some great people. Cole County and the surrounding area have so many generous and caring people.

So what's up for this year? First of all, I will try and follow Barbara Swanson's leadership; and let me tell you, that will be a hard act to follow. We will try to keep all current activities intact and look forward to starting some new ones. It is your organization, and it is up to you to keep the ball rolling. I encourage everyone to serve on committees and voice your opinions. If you don't like the way things are going, let me know; or, better yet, get involved. You will get so much more out of LIR; the more involved you are, the more you will like what is happening.

So, in closing, let me just say we have a great organization. I will try to run the meetings and keep it on the path to the future. It is your organization, and your involvement will be the fuel for the future. There are so many more activities we can try and hopefully succeed at; if not, we can say we had fun trying. So come on. I will lead. All you have to do is tell me which way to go! PeeWee Forck

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20th Anniversary Committee

An anniversary conference committee is being established as LIR marks our 20th anniversary in April, 2012.

Please contact the LIR office to contribute to planning this significant occasion.

Don Alberti and Barb Swanson have volunteered to co-chair the committee.

Thanks from Barb

What a pleasure and honor it's been to serve as president of our outstanding LIR organization and you, our 270 members.

Thank you for your support and involvement these past two years. I know that same support will be extended to PeeWee Forck as he leads us in 2011.

I look forward to our continued friendship as we participate in the great offerings of LIR!

IN MEMORIAM

We remember James Nordstrom, Ph.D. a member of the Learning in Retirement, Inc. Board of Directors. Our sympathy and prayers are extended to Paula Nordstrom. Jim was a Professor of Nutrition in Extension and Research at Lincoln University from 1972 until his retirement in 1999. He was a member of the LIR Book Club and the "Living Healthy in Retirement" Conference Committee.

EMAILING MEMBERS

As noted in the first email sent to LIR members, the Board of Directors at their October meeting approved sending to members email messages with pertinent LIR information approved by the president/vice-president. The procedure will be evaluated after one year. Comments to Board members are welcome.

Dues Reminder

Your 2011 membership dues of \$40.00 are now needed. Please fill out a Membership Renewal Form found in this newsletter and either bring your check to the General Membership Meeting on January 21st or mail it to the LIR Office, PO Box 105166, Jefferson City, MO 65109. ***Thank you!***

Board of Directors for 2011

Elected Members

Sue Alberti, Treasurer
Judy Alexiou
Marilyn Bacon
Mike (PeeWee) Forck, President
Mary Grillos
Charles (Chuck) Lahmeyer
Ellen Richardson
Paul Shank
Celia Smith, Vice President
Harry Spray, Secretary
Theresa Sullivan
Barbara Swanson
Carole Van Vranken

Ex Officio Members

Marilyn Graham, Office Manager
Dr. David Linsenhardt, Curriculum Chair
Paula Nordstrom, Newsletter & Website
Rosemarie Turner, Travel Chair
Kathel Cooper, Membership & Marketing Chair
Kathy Pabst, LU Liaison

Your Board of Directors welcomes your suggestions.

Retiring Members of Board of Directors

We thank the following for their generous service to LIR:

Carol Ellinger, Treasurer
Dr. James Leslie
Warren Solomon

"PREVIEW" – TRAVEL EVENTS

Tuesday, January 11, 2011

Soldiers Hall, Room 111

Time-1:11 p.m.



Want to know more about trips before you sign up? We have the answers, we hope! The 'Travel Committee' has planned time on Tuesday, January 11 at Soldiers Hall for you to learn more about each trip, review brochures and articles of interest about destinations, ask questions and chat with committee members.

Besides receiving information and answers to your questions, this is a great opportunity to register for trips and have help with the necessary registration forms. Non-members are welcome to attend but will need to join LIR to register for trips. Refreshments will be served.



TRIPS January — July 2011

RIVERDANCE

An explosion of Sights and Sounds

January 27, 2011

Now in its 16th phenomenal year, Riverdance, the internationally acclaimed celebration of Irish music, song and dance that has touched the hearts of millions around the world, comes to Jesse Hall Auditorium.

Mark your calendar for a special evening to share with LIR friends as we motor to Columbia for dinner and theater! Dinner is planned at Chris McD's Restaurant followed by a 7:00 p.m. performance at Jesse Hall.

Our coach will leave at 4:15 p.m. with return anticipated by 10:00 p.m.

Cost for this evening of entertainment is \$85.00. Full payment due with registration.

Coordinators: Mary Grillos 496-2955
Jo Clare Meyer 636-5762

KINGDOM of CALLAWAY ADVENTURE

March 10, 2011 (Snow date March 17, 2011)

Have you ever wanted to explore the 'inside' of a nuclear power plant? This is your chance as only group tours are welcome! As a member of LIR, we invite you to travel with us to Reform, Missouri to learn about nuclear power and the changes made in the past ten years.

After exploring 21st century power, we will step back in time and visit Crane's Museum in Williamsburg. Here you will see an unbelievable collection of late 1800 memorabilia from rural American history. After a delightful lunch at Marlene's Restaurant, there will be time to shop and gaze in amazement at all the goods and décor of Crane's Shoppes.....jewelry, clothing, food, tools, household necessities and more.

Our next stop on this day of adventure is the Kingdom City

Fire Fighters Memorial of Missouri with a follow-up stop at Central Callaway Fire Protection District. Here we will learn how a rural fire department operates; this volunteer Fire Department was one of the first of similar departments to use a thermal imaging camera.

Departure time-- 8:00 a.m.; return by 5:00 p.m.

Moderate activity: walking and standing is required.

Registrations limited to 32; special security information required prior to admission.

Cost \$48.00 --- Payment due with registration, \$25.00

Final payment, \$23.00 due February 25, 2011

Coordinators: Bill Washburn 635-3194

Rosemarie Turner 635-3175

UNCOVERING STORIES OF LOCAL TOWNS

(Meta, St. Elizabeth, Tuscumbia)

April 5, 2011

Come with us as we begin our day in Meta, where Art Stephens will show us some surprises as we tour this very busy Dog Food Factory.

In St. Elizabeth, Cyrilla Doerhoff will share her lifetime of knowledge about St. Elizabeth, including some interesting Church history. Miss Kitty's will serve a delicious lunch before we leave St. Elizabeth.

We'll see the first 2010 national stimulus project as we cross the NEW TUSCUMBIA BRIDGE. Joe Pryor will share Tuscumbia's surprising history, as we drive through "OLD TOWN."

Our visit at the Miller County Museum includes several original Miller county homes which have been moved to the museum grounds.

Donations, gratuities & lunch are paid with your onetime payment of \$38.00, due with your registration form.



TRIPS January — July 2011 (cont'd)

Departure time-- 9:30 a.m.; return by 4:30 or 5:00 p.m.

Coordinators: Jo Clare Meyer 636 5762
Fern Lemasters 893-4347
Vera Rust 893-2507

CELEBRATING SPRING

Boonville/Warm Springs Ranch
May 3, 2011

Celebrate the return of spring with a visit to Boonville and Warm Springs Ranch! We will begin our celebration with coffee and pastries at Taylor's Bake Shop in Boonville, where we will meet our step-on guide for the morning. We'll visit the home of "Missouri Life" magazine to learn about the publishing business before we re-board our coach to explore the history of Boonville. A notable highlight will be a tour of the gracious Roslyn Heights Mansion (circa 1895). The home currently serves as the State Headquarters for the Missouri Chapter of the Daughters of the American Revolution. Next we will visit the restored Hotel Frederick for luncheon at Glenn's Café.

There will be time following lunch to explore nearby shops before traveling to Warm Springs Ranch, home of the Budweiser Clydesdales' state-of-the art breeding facility. The ranch is home to more than 100 Clydesdales, plus who knows how many gamboling spring foals. It will be a rare treat to touch and have your picture taken with one of these magnificent Clydesdales. Don't miss this one!

Departure time, 7:45 a.m.; return by 5:00 p.m.

Moderate activity: standing and walking is required.

Cost \$67.00 --- Payment due with registration, \$30.00
Final payment of \$37.00 due April 15, 2011

Coordinators: Becky and Bill Washburn 635-3194
Bob and Ginny Irvin 634-4495

VISIT THE NEW LINCOLN LIBRARY AFTER A DETOUR OFF THE BEATEN PATH IN ILLINOIS

JUNE 14-16, 2011

Join us Tuesday, June 14 for an adventure in Decatur and Springfield, Illinois. Lunch will be at Marimann Herb Farm in Decatur and will include a tour and spicy information. After checking into our motel for a 2 nights stay, Troupe Dynamic, a local theatre group, will entertain us during our dinner at Doherty's.

Wednesday breakfast at the hotel will be followed by a brief tour of downtown Decatur. Our step-on guide will point out places of historical interest and architectural beauty. Our visit will include the Caterpillar plant, Chevy Hall of Fame and for a surprise, the Heironymus Mueller Museum. A buffet lunch is included in the day's plan.

Thursday our destination is the impressive NEW LINCOLN LIBRARY & MUSEUM in Springfield. Following lunch at Cracker Barrel, we begin our trip home.

Included in the cost are 2 breakfasts, 2 lunches, 1 dinner, all admissions and gratuities.

Activity is moderate with multiple stops on and off the coach.

Departure time: 7 a.m. June 14 — return by 7 p.m. June 16

Total cost by room: \$216 triple, \$250 double, \$350 single

Deposit due with registration \$75

Final payment due May 16, 2011

\$141 triple, \$175 double, \$275 single

Coordinators: Fern Lemasters 893-4347
Jo Clare Meyer 636-5762
Vera Rust 893-2507

AUTOS, STREETCARS, TRAINS AND PLANES

July 19, 2011

We will see it all—mule drawn streetcars from the 1870's to today's sleekest fighter and jetliners! This St. Louis trip will take us to two locations; one sure to bring back memories of our own early methods of transportation and the other will 'clue us in' to both the old and the new in air and space travel.

At the 'Museum of Transportation' we will travel through 150+ years of transportation history with fascinating stories behind the museum's vast collection of trains, automobiles, streetcars, horse-drawn vehicles, a riverboat and airplanes.

TRIPS July 2011 and Travel (cont'd)

The **'Air and Space History Exhibit'** at James S. McDonnell Prologue Room tells a panoramic story of more than nine decades of aviation progress from biplanes to space travel. The Boeing Company and the aircrafts they have built have played a pivotal role in shaping the history of aerospace.

Departure time: 7:00 a.m. with expected return by 7:30 p.m.

Cost: \$54.00 (includes lunch)

\$30.00 due with registration; \$24.00 due June 30

Note: The Museum of Transportation is an outdoor museum; lots of walking and exhibits only accessible via steps. A park area is on site for resting and waiting if desired.

Coordinators: Henry Dahl 635-2139
Rosemarie Turner 635-3175

Trips fill up fast—register quickly, place your name on the 'Wait List' should registrations be filled. *Cancellations do happen!*

Please notify your trip escort if you have special needs.

Visit with us at the "Preview-Travel Events" session on January 11. (See article on Page 2.)

TRAVEL CHATTER

Scheduled trips, dates and destinations, are now posted on LIR's website given on the last page of this newsletter.

We hope this will assist you to 'Save-a-Date' for trips of your interest that are planned. Registrations, however, are only accepted following delivery of your newsletter which you should receive in very early January.

Looking ahead to Fall 2011, we have two dates you may want to 'pencil-in'—

*August 27, we will motor to the Lyceum Theatre to see "The Fantastics".

*September 12-15, we will be traveling to Omaha, Nebraska, for four fun-filled days of new and exciting adventures.

Should you have suggestions for future trips, the Travel Committee welcomes your ideas. Talk to a member of the committee or call the Travel Chair at 635-3175

Our boarding point for all trips is at the Stadium Boulevard Wal-Mart parking lot unless otherwise stated. Please arrive at least 10 minutes early to get settled so the coach can depart promptly at the scheduled time.

Clubs



Bocci Ball Club: Meets Mondays at 1:30 p.m. at Prison Brews

Facilitator: Sue Alberti, 635-2436

Book Club: Meets the 4th Monday at 1:00 p.m.

Facilitator: Carolyn Lott, 635-2967

Bridge Club: Meets the 2nd Monday, 1:00 p.m.

Facilitator: Marilyn Graham, 634-7918

Creative Writers' Society: Meets the 2nd Thurs. at 9:30 a.m.

Facilitator: Richard Sandler, 759-7475

Pinochle: Meets 4th Wednesday at 10 a.m.

Facilitator: Mary Ann Ruth, 659-7875

Scrabble Club: Meets on the 3rd Monday at 1 p.m.

Facilitator: Marigene Brewer, 636-8183

Walking/Hiking Club: Thursdays at 10:00 a.m., location of hikes varies.

Facilitator: John and Ellen Richardson, 893-4909

E-mail: johnellen@mchsi.com

Note: All clubs meet at the LIR office unless otherwise indicated.

As a current LIR member you are invited to join, at no extra cost, any of our LIR clubs by calling Marigene Brewer, LIR Club Coordinator at 636-8183 or the club facilitator. Information/interest in additional clubs; i.e., crafts, investments, music, travel, may be directed to Marigene. **You may also sign up for a club at the January membership meeting.**



Courses February—March 2011

The Czars (Tsars) of Russia

Tuesdays February 1, 8, 15, 22

Time: 10 a.m. to noon

Location: Room 8, Soldiers Hall, Lincoln University.

Presenter: Connie Reichart, retired teacher.

This course will look at the Romanov family, absolute rulers of Russia from 1613 to the Russian Revolutions of 1917. It will focus on their lives and their leadership and why Russia was ripe for revolution.

Coordinator: Carol Ellinger 893-2331.

Current Events and Issues

Wednesdays February 2, 9, 16, 23

Time: 1:30 p.m. to 3:30 p.m.

Location: Room 8, Soldiers Hall, Lincoln University.

Presenter: Gary Markenson

The presenter will lead a discussion of current events and issues at this class. Think of the topics to discuss: Public debt, record unemployment, caustic political advertising, even Adrian's Island. Students supply the topics to discuss; Gary will moderate. These discussions may be occurring on the legislative floors — federal, state, county, municipal — as well as in Room 8 of Soldiers Hall.

Coordinator: Jim Nelson 635-2662

Financial Fitness Check-Up

Thursdays February 3, 10, 17, 24

Time: 1:30-3:30 p.m.

Location: Room 8, Soldiers Hall, Lincoln University.

Presenter: Bob Hackman of Winter-Dent.

Bob Hackman of Winter-Dent & Co. will moderate this class. He has invited various speakers from around the state to present.

Topics will include:

1. "Retirement income IQ Survey." (Interactive) This session will address the question: How much do you know about planning retirement income?

2. "Taking the Bull by the Horns. Investing in the equities market." (Interactive). This session will talk about protecting the power of your retirement assets by understanding the long term value of equities.
3. "What's new in Washington D. C?" (Discussion Session).
4. "Legacy/ Charitable Giving". (Interactive). This session will discuss issues regarding how to begin gifting to your heirs or to charities in order to build a legacy.
5. Other topics to be determined.

Coordinator: Warren Soloman 893-4407

Travelogues

Tuesdays March 8, 15, 22, 29

Time: 1:30 to 3:30 p.m.

Location: Art Gallery, Missouri River Regional Library

March 8 The Holy Land

Presenter: Bruce Morrison – a member of Concord Baptist Church's tour to Israel in March 2010

March 15 Alsace-Lorraine, Historic Region of France

Presenter: Bob Angerer – retired engineer

March 22 1:30 China before World War II

Presenter: Jim Nelson – retired librarian

2:30 Return to Scotland

Presenters: Bill and Barbara Wolkoff - Bill is a native of Scotland.

March 29 1:30 Ephesus, Turkey, A Cultural Crossroad

2:30 Island of Zakynthos, Greece

Presenter: Sharon Strickland – retired teacher

Coordinator: Marilyn Bacon 893-3193

Courses March 2011 (cont'd)

Staying Healthy in our Senior Years

This class could also be entitled: "Surviving Old Age." It will cover common ailments and how to cope with them as one ages.

Wednesdays: March 9, 16, 23, 30

Time: 1:30 p.m. to 3:30 p.m.

Location: Room 8, Soldiers Hall, Lincoln University.

Presenters: Multiple presenters from St. Mary's Health Center and Capital Region Medical Center.

March 9: Physical Conditioning,

Shortness of Breath, Asthma, COPD

March 16: How to Care for your Diabetes,

"Aches and pains," Arthritis, Osteoporosis.

March 23: Anxiety and Depression;

Heart disease: Signs of a heart attack.

March 30: "Why can't I get a good night's sleep?"

Discussion of Common sleep disorders.

With a bonus topic of:

Basic CPR.— How the new form of CPR should be done with practice on a manikin.

Coordinator: Dr. David Linsenbardt 636-3727

Women's Films: Honoring Women in History

Thursdays: March 10, 17, 24, 31

Time: 1:00 p.m. - 3:30 p.m.

Location: Missouri River Regional Library

Presenter: Taryn Prewitt

March 10: Amelia (Amelia Earhart)

The major achievements of Earhart's career: her 1928 flight across the Atlantic (as a passenger, not a pilot), which made her the first airborne woman to make the trip; her 1932 solo transatlantic journey; and the mysterious 1937 around-the-world flight that ended in her vanishing, with engineer Fred Noonan.

March 17: Becoming Jane (Jane Austin)

It's the untold romance that inspired the novels of Jane Austin, one of

March 24: Julie and Julia (Julia Childs)

The true stories of how Julia Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking.

March 31: Young Victoria (Queen Victoria)

Resolved to establish her authority over those who rule in her stead, a young and inexperienced Queen Victoria draws strength from the love of Albert the prince who's stolen her heart.

Coordinators: Dr. James and Gloria Leslie 635-5254

Miscellaneous Course Information

- Courses are offered four times a year. There are two sessions in the spring and two sessions in the fall.
- Registration forms are provided in the LIR newsletter or on the LIR web site. There is a \$12.00 fee for each course unless otherwise noted. **Registration will be accepted at the General Membership Meeting to be held on January 21, 2011.** (see front page)
- Location of courses varies depending on topic and size of class. If a course is located on the Lincoln University Campus, a parking tag is required. Parking permits may be acquired through the LIR Office located in Soldiers Hall or call 681-6152 to request the form. Courses begin on page 6.

Members' Focus

If you have had a recent class or meeting in Classroom 8 in Soldiers Hall, you have seen the room is enriched by original art work of LIR members: Faye Zumwalt, Norma Calvert, Vera Rust, and Delores Perry. We thank them for allowing their talented work to be on display. And we invite other members to share their artistic work with us when the current paintings are returned to their owners. Simply call the LIR office to make arrangements.



Learning in Retirement, Inc.
P.O. Box 105166
Jefferson City, MO 65110
Address Correction Requested

LEARNING IN RETIREMENT, INC.
MEMBERSHIP BENEFITS

- EDUCATION.....***Short courses planned for LIR members' interests*
- TRAVEL.....***Educational trips with old and new friends*
- CLUBS.....***Book, Bridge, Writing, Hiking/Walking; others*
- GATHERINGS.....***Business/social meeting twice annually*
- COMMUNICATION.....***Semi-annual newsletter, web site*
- LIBRARY ACCESS.....***Access to library cards for L. U.'s Page Library and
Missouri State Library*
- PARKING.....***Tag for L.U. campus provided*
- CONTACT INFO.....***(573)681-6152; lir@lincolnu.edu
Web site - (www.lincolnu.edu/pages/799.asp)
Office hours: Hours – 10-12 noon, Mon. - Thurs.*
- OFFICE LOCATION.....***903 Lafayette Street, Soldiers Hall - Rm. 7, L.U. campus*

*Mark your calendars for the Summer Membership Meeting to be held on
July 27, 2011. Time and place to be announced at a later date.*