

THE LEARNING TIMES

PUBLICATION OF LEARNING IN RETIREMENT, INC.

January - June 2009 NEWSLETTER

Winter Membership Meeting

Friday, January 23, 2009

Snow Date: Friday, January 30, 2009

Registration at 1:00 p.m.

Meeting at 1:30 p.m.

Faith Lutheran Church
Corner of Dix Rd. & Industrial Dr.

Please park at and enter through the rear of the church.

President's Note by Barbara Swanson



It is a privilege to have been selected to be president of LIR in 2009. Along with all of you, our 262 members, I appreciate the leaders who have set direction for LIR, those who plan mind-expanding courses, those who guide our informational trips adding a large dose of fun, and those who share our interests and lead engaging clubs. These and other generous volunteers give the time needed to maintain the quality LIR functions we look forward to and enjoy. We applaud their dedication!

Know that your talents, time, and new ideas are welcome, too. Start by checking your areas of interest on the membership application, talk with a member of the Board of Directors about how you would like to be involved, or contact the office to offer your services. Know that your suggestions to strengthen the organization are welcome and will be given serious consideration as together we work, travel, learn and enjoy activities during 2009.

Our compelling history and partnership with LU will be emphasized this year. Former faculty members of LU are specifically invited to attend our January membership meeting. In addition we will also have the opportunity to enjoy another fine performance by the talented students in the LU Vocal Department.

Current members are encouraged to introduce friends to the LIR opportunities available for travel, learning and having fun with new and long time friends. Bring them to the January 23rd meeting.

I look forward to getting acquainted with current members I don't yet know and with new members. We all share an appreciation for the many benefits we gain from LIR.

Barb

The Winter Membership Meeting will be held on Friday, January 23rd, at the Faith Lutheran Church. Registration begins at 1:00 p.m. with the meeting being called to order at 1:30 p.m. by our 2009 President, Barbara Swanson. Our meeting will "kick off" with "a demand return performance" of the musical group from Lincoln University led by Michelle Gambling-Green.

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

We will also be treated to a Tai Chi demonstration by Nick Mercer, who instructs individuals on the art and beauty of low impact exercise.

There will be time to enjoy light refreshments with friends while you visit the displays of past and future trips, classes and clubs. This meeting is always a good opportunity to bring a friend that might decide to join LIR.

There is no cost to attend this meeting, but registration is needed. Please indicate your reservation on the Membership Meeting / Course Registration Form that is inserted in this newsletter.

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LIR's New President - Barb Swanson

Barb has lived in Jeff City for 30 years. She joined LIR 4 years ago following her retirement from a rewarding career in education. She taught in public and parochial elementary schools in several states, was principal at Immaculate Conception School in Jeff City, and for 16 years was associate superintendent for the 36 schools in the Diocese of Jefferson City.

She is mother to Sonya and Neil and "Grammy" to 5 special grandchildren. Her husband, John, died in 2005. Her volunteer activities include being an ombudsman at a local nursing home, investment club, book club, and several committees at Immaculate Conception Church. She loves traveling and theater.

She takes as many LIR trips and courses as she can and looks forward to meeting you, so say, "Hi," and introduce yourself.

2009 LIR Board of Directors

- Sue Alberti, Sec.*
- Carol Ellinger, Treas.*
- Mary Lou Gillilan*
- Mary Grillos*
- Hal Hebert, Past Pres.*
- Dr. James Leslie*
- Mary Kay Linsenbardt*
- James Nordstrom*
- Paul Shank*
- Celia Smith, V. Pres.*
- Warren Solomon*
- Barbara Swanson, Pres.*
- Carol Van Vranken*

Dear Members,

LIR will celebrate its 17th birthday in 2009. It has been my privilege to be your president for one of those years. I want to thank each and every one of you for the confidence and support you have given me this past year and I hope you will extend that support to Barb Swanson, our new president for 2009.

Barb has worked tirelessly as the Vice President and chairwoman of the Membership/Marketing committee. Largely through her efforts and the efforts of her committee we have seen our membership grow to the largest it has been for over 6 years.

To you volunteers that help Sharon with registration, to you committee chairs and members who plan and execute the trips and courses, to the Board of Directors and to the membership, thank you.

Let's continue to go to interesting places, learn about interesting things and create more memories and friendships in the years to come. Remember, without membership support and volunteers, this organization could not function.

As Vince Lombardi said..." The achievements of an organization are the results of the combined effort of each individual."

*Goodbye and thanks!
Hal Hebert*

Mailing address for all LIR correspondence:

**Learning in Retirement, Inc.
 P.O. Box 105166
 Jefferson City MO 65110**

ENJOY WORKING WITH PEOPLE...

LOVE CREATIVE THINKING...

Travel Tips



*All coaches depart from the Wal-Mart parking lot by the ATM machine unless otherwise announced. Coaches leave NO LATER than 10 minutes after the announced departure time. (Set two alarms, have a friend call or whatever it takes to get there on time!) Schedules are carefully planned to meet the needs of the group and the destination sites.

*Don't hesitate to register for overnight trips if you do not have a roommate. Efforts will be made to find a compatible 'roomy' for you.

*We offer the opportunity to place your name on the 'Wait List'- you will be called closer to the time of the event and before final commitments are made when there are openings. No deposit is necessary to be placed on the list. Members from the wait list are frequently called to replace someone who had to cancel.

*Should you want/need more information regarding specific trips feel free to call the trip escorts, or call Rosemarie Turner, Travel Chair (635-3175) OR visit the Travel Display at the General Membership meetings.

*Check our website frequently--we are trying to reach as many members as possible with updated information. Pass on information about trips to your friends--each of you is our best advertiser!

*If you are interested in Travel Insurance for extended trips, information is available from Rosemarie Turner, 636-3175.

**TRIPS** FEBRUARY - JULY 2009**There's More to See in Jefferson City***Friday, February 27, 2009*

Join us as we learn more of the history and stories behind our City of Jefferson. We will begin the day by observing significant examples of architecture in downtown Jefferson City through a step-on guide who will point out these buildings of interest. The next venture is a guided tour of the Supreme Court Building, and then on to lunch in the Hawthorne Room at the State Capitol. Karl has promised us a delicious plate lunch. We will contact everyone with a choice prior to the trip departure date.

After lunch, Mr. Bob Priddy, a local historian, author and radio personality, will be our step-on guide to tell us about the statuary that compliments our beautiful Capitol complex. From there we will cross the street and join a member of St. Peter's church to learn about the first cathedral of the Jefferson City Diocese, and their recent redecorating project. If the weather is good and not too cold and windy, we will do some walking between these areas. Wear comfortable shoes, and prepare to bundle up if it is a chilly day.

The D-K School Bus will depart from the Wal-Mart parking lot (by the ATM) at 9:00 a.m. and return about 3:30 p.m.

Total cost of trip is \$25 payable at registration.

Trip Escorts: Vera Rust 893-2507
JoClare Meyer 636-5762

*Special Exhibit - The Ming Dynasty:
Power and Glory, Court Arts of China's Ming Dynasty*

St. Louis Art Museum*Thursday, March 26, 2009*

The splendors of China's last native-ruled dynasty are revealed in this magnificent exhibition from three distinguished museums in China. Following our docent-led tour of the Ming Exhibition, time is planned for you to have **lunch on your own** and then visit other exhibits of your own choice.

We will continue our adventure down the hill from the Art Museum by visiting our tuxedo-clad Antarctic friends in their new residence at the Zoo. Brrrr - be sure to bring your jacket!

The day begins at the Wal-Mart parking lot at 8:30 a.m. We plan to return by 5:30 p.m.

Level of activity: moderate amount of walking, mostly indoor

Total cost of trip is \$38 payable at registration.

Trip Escorts: Vera Rust 893-2507
JoClare Meyer 636-5762

**Charleston, Missouri, Azalea Festival Plus
New Madrid and Ste. Genevieve***Friday - Sunday, April 17 - 19, 2009*

Come join us for a 3 day, 2 night trip to the southeastern part of Missouri. Our journey will take us first to the National Tiger Sanctuary in Bloomsdale, Mo., where we will view the tigers in a large fenced area as they come and go as they please and observe the staff feeding the animals. We will have lunch on the deck at the sanctuary.

After we leave the sanctuary, we will journey to New Madrid, for a tour of the Historical "Its Our Fault" Museum. Later, we will stop at the Observation Deck where we will see eight miles of the river as it winds around the New Madrid Bend, a point of strategic significance during the Civil War.

As our first day comes to an end, we will head to the Drury Inn in Sikeston, Mo., where we will spend the next two nights. Free cocktails and snacks are available at the Inn before we have dinner at Lambert's Cafe, "Home of Throed Rolls".

On Saturday, after a wonderful hot breakfast at the Drury, we will board the coach for an exciting day in Charleston. Each year in mid April, Charleston hosts its annual Dogwood-Azalea Festival. This is a wonderful time when the entire town glows with the beauty cast by millions of colorful dogwood and azalea blossoms. A step-on guide will board our bus for a 1 hour tour of Charleston. Later, we will visit the Hearnese Museum, where we will view items from Missouri Governor Warren Hearnese's 22 years in elective office. Our bus will then take us to Rolwing Park where we can have our lunch and stroll through the park where wood crafts, jewelry and other quality crafts will be on sale along with food booths and entertainment,

We will board the bus to attend the Piano Praise Concert at the First Baptist Church where 16 pianists, on 8 pianos, and one organist will perform. This promises to be a truly magnificent performance. Late afternoon, we will visit the Moore House, a lovely 3 story Victorian home built circa 1899, which remains one of the county's loveliest links to the past.

Our final stop on Saturday will be the Art Show where talented local artists display original works of art. It is then on to dinner which will be a fish fry, with all your favorite trimmings, at Charleston High School.

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TRIPS FEBRUARY - JULY 2009



Charleston Trip (continued)

The Charleston Candlelight Walk starts at dusk. White luminarias line the Dogwood-Azalea trail and banks of azaleas glow under the spotlights. Beautiful homes, friendly residents and entertainment are provided along the way. What a perfect way to end our visit to Charleston, this beautiful city located at the top of Missouri's "Bootheel".

On our way home, Sunday morning, we will stop at Ste. Genevieve. We will visit the Ste. Genevieve Interpretive Center where we will view a film about the history of Ste. Genevieve and peruse the many displays. At 10:30 a.m., a step-on guide will take us on a 1 hour tour of Ste. Genevieve. Following the tour, we will lunch at the Hotel Ste. Genevieve and take time to stroll the town and visit a few of the antique and specialty shops.

We anticipate arriving in Jefferson City by 5:30 p.m.

Level of activity: moderate amount of walking with the exception of Saturday which can be individually paced

**Total Tour Cost - Double - \$225
Single - \$310**

Registration with deposit of \$100 is required. Final payment due by March 1, 2009.

Cost includes all admissions and activities, tour related taxes and gratuities, two nights lodging, 2 breakfasts, 2 lunches, 1 dinner. Dinner at Lambert's and lunch at Rolwing Park will be on your own.

Trip Escorts:

Mary Grillos 496-2955
Becky Washburn 635-3194
Rosemarie Turner 635-3175

RELISH DEVELOPING NEW IDEAS...

FANCY BEING A LEADER...

New in 2009... "The Learning Times"

This issue of the LIR newsletter unveils the new title that was selected for our semi-annual publication. We want to thank **Roberta Herman** for her winning proposal and all the other members that made title suggestions! Roberta will receive an LIR 2009 course of her choice for the winning title!

Boone County Historical Tour

Wednesday, May 6, 2009

Travel with LIR to Centralia to tour the A. B. Chance home, museum and gardens. After this tour we will visit the Centralia battle site 3 miles southeast of town. Here in September of 1864, 107 Federal soldiers of the Missouri 39th Volunteer Infantry were killed. Mr. Bill Berry will join us as our tour guide. He is the LIR course presenter on the Civil War battles.

Our lunch stop will be at Spring Garden, a local restaurant in Centralia. After lunch we will travel to Columbia to the Boone County Historical Museum. Here we will tour the Museum, the Maplewood Home and the Boone Junction Historical Village.

We will depart from the Wal-Mart parking lot at 7:30 a.m. and return about 4:30 p.m.

Level of activity: moderate

Total cost \$48 with \$20 at registration. Final payment of \$28 due by April 10, 2009.

Trip Escorts: Mary Kay Linsenbardt 636-3727
Vera Rust 893-2507



CLUBS

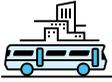
Book Club: Meets on the 4th Monday at 1:00 p.m.
Facilitator: Carolyn Lott, 635-2967

Bridge Club: Meets the 2nd Monday, 1:00 p.m.
Facilitator: Marilyn Graham, 634-7918

Creative Writers' Society: Meets the 2nd Thurs. 9:30 a.m.
Facilitators: Richard Sandler, 759-7475,
and June Glaser, 635-4254

Hiking Club: Each Thursday at 10:00 a.m. Hikes will start on the "Greenway" at the east end of Schnucks. *Facilitator:* Bill Wolkoff, 636-3088 or bnb@socket.net

As a current LIR member you are invited to join, at no cost, any of our LIR clubs by calling their respective club coordinator. Information / interest in additional clubs, i.e. pinochle, crafts, music, investments may be directed to June Glaser, LIR Club Coordinator, 635-4254.



TRIPS FEBRUARY - JULY 2009

MU Campus Tour

Tuesday, June 9, 2009

Relive your days as a college student and see some of the changes on the University of Missouri campus. First we will tour the Christopher Bond Life Sciences Center. This is the research center where faculty scientists are working to improve human and animal health, food and the environment.

Then we will tour the State of Missouri Historical Society. Their collections include genealogical materials, journals, photographs and newspapers. Thomas Hart Benton and George Caleb Bingham paintings are part of their permanent display.

Lunch will be on campus in one of the student cafeterias. In the afternoon we will have a guided tour of the Museum of Anthropology and the Art and Archaeology building. This last stop will include Francis Quadrangle.

The bus will depart from the Wal-Mart parking lot at 7:30 a.m. and return around 4:30 p.m.

Note: Be prepared for a lot of walking. We will try to have the bus transport us as much as possible, however parking is always a major problem on the MU Campus.

Total Trip Cost: \$33 with a \$15 deposit at registration and the remaining \$18 due by May 15, 2009.

Trip Escorts: Mary Kay Linsenbardt 636-3727
Don Calvert 636-3826

Gentle Reminder for Members

Your 2009 membership fee is now due. Please fill out a *Membership Renewal Form* found in this newsletter.

"You Can't Take It With You"

Lyceum Theatre - Arrowrock

Wednesday, July 29, 2009

Come join us on Wednesday, July 29, for a performance of *You Can't Take It With You*, a Pulitzer Prize winning comedy, at the Lyceum Theatre in Arrow Rock. The 1938 movie version was awarded the Academy Award for Best Picture. This American classic is a delightful combination of escapist comedy and thought-provoking commentary on issues relevant, not only to 1930's America, but to everyone in every age. When the daughter of an unconventional family falls in love with the son of an uptight, humorless Wall Street family, worlds collide and humor ensues.

Before the performance, which starts at 2:00 p.m., we will have time to explore the shops and grab a snack in historic downtown Arrow Rock.

Following the performance, we will have dinner at the Settlers Inn, a cozy, unique family-run log cabin restaurant in Boonville.

We will leave Wal-Mart parking lot at 11:00 a.m. and arrive back in Jefferson City at 7:00 p.m.

Level of activity: minimum walking

Total Trip Cost: \$73 with \$33 deposit at registration and a \$40 final payment due by June 1, 2009.

Trip Escort: Mary Grillos 496-2955
Rosemarie Turner 635-3175

*As Nobel Prize Laureat Rosalyn Yalow wrote:
"The excitement of learning separates youth
from old age - as long as you are learning you
are not old."*

FAST FORWARD . . . '09

In October, plans are being made to visit a wind farm in Northwest Missouri (you may have seen this on CBS several months ago). Interesting!!! We will also visit Squaw Creek, Conception Abbey, and Gallatin, site of the rotary/round jail.

And...since we have had so many requests to return to Branson, we are planning our Christmas event to this city and surrounding area. Something new seems to be 'popping' up in Branson every day. Tourists from the east and west coasts are scheduling more and more trips to this site in our own home state of Missouri. It's beautiful during the Christmas season!

Day trips will be planned in August and September. We are looking at available theater presentations as well as other sites of interest. We definitely will be visiting the Amana Colonies in the future, which has been a popular request. Dates are undetermined as we go to press.





COURSES

FEBRUARY 2009, SESSION I

Travelogues

Mondays, February 2, 9, and 23; 1:30 - 3:30 p.m.

(Note: No session on February 16th.)

Location: Art Gallery, Missouri River Regional Library

Feb. 2 Topic: *Utah* 1:30 - 3:30

Presenter: Bob Angerer, traveler and engineer

Feb. 9 Topic (1st hour): *Germany* 1:30 - 2:30

Presenters: Stan and Theresa Neuner, travelers and photo specialists

Topic (2nd hour): *Estonia* 2:30 - 3:30

Presenter: Sharon Strickland, educator

Feb. 23 Topics:

Roslyn Chapel, London, Kilvarock Castle 1:30-2:30

Western Ross, Western Isles of Scotland 2:30-3:30

Presenters: Bill and Barbara Wolkoff, travelers and engineer

Facilitators: Dr. Jim and Gloria Leslie

What You Need to Know About Modern Electronics

Tuesdays, February 3, 10, 17, and 24; 2:30 - 4:00 p.m.

Location: Rm. 8, Soldiers Hall, Lincoln University

Presenter: Dexter Oliver, Radio Shack Sales Assoc. and owner of an audio business

As technology has advanced, more electronic devices have evolved. This course will take you from analog vs. digital TV's to different types of connectivity (wireless, cable, etc.) to PDA cell phones to Blue-Ray delivery systems plus much more!

February 3 *Digital TV vs. Analog TV-converter boxes, antennas, gaming consoles and wireless*

February 10 *Cable vs. Direct vs. Dish; VHS vs. DVD vs. Blue Ray*

February 17 *Multimedia / PDA Cell Phones; Digital Cameras*

February 24 *Participant's Choice - open discussion*

Facilitator: Hal Hebert 635-5380

Health, Nutrition and Exercise

Wednesdays, February 4, 11, 18, and 25; 1:30 - 3:30p.m.

Location: Rm. 8, Soldiers Hall, Lincoln University

Session 1: *Health Education*

Presenter: Molly Vetter-Smith, R.D.
State Extension Specialist

Session 2: *Basic Nutrition*

Presenter: Donna Mehrle, R.D., M.P.H.
Nutrition Education Assistant Coord.

Session 3: *"Stay Strong" Strength Training*

Presenter: Steve Ball, Assistant Prof.,
University of Missouri

Session 4: *Consumer Trends*

Presenter: Linda Zimmerman, R.D.
Nutrition / Health Specialist

Facilitator: June Glaser 635-4254

Rubber Stamping: Personal Expression

Thursdays, February 5, 12, 19, and 26; 1:30 - 3:30 p.m.

Location: Rm.8, Soldiers Hall, Lincoln University

Instructor: Sue Snell, retired teacher

Class limit: 12 participants

Although rubber stamping has been a hobby craft for several decades, the availability of materials has exploded in the last 8 - 10 years. This course will provide creative ideas and hands-on practice for this craft form.

Session 1: *Basics and Essentials* - materials and process. We will complete some gift tags and gift card enclosures.

Session 2: *Card Making: The First Steps* - design and embellishments. At least 3 cards will be completed.

Session 3: *Card Making: Advanced Techniques* - embossing, marbling, and masking. We will complete 3 cards.

Session 4: *Branching Out or Sharpening Skills*. This session will be determined by the wants/needs of the class participants. Options might include completing specialty cards, background techniques, scrapbook page design or other related topics.

Participants will need to provide their own small, sharp pointed scissors.

Note: In addition to the \$12.00 course fee, there will be a \$10.00 fee for supplies. Total cost: \$22.00 payable to LIR.

Facilitator: Kathel Cooper 893-4823



COURSES

MARCH 2009, SESSION II

A Medley of Presidents

Mondays, March 2, 9, 16, and 23; 9:30 -11:30 a.m.

Location: Rm. 8, Soldiers Hall, Lincoln University

Presenters: Jim Nelson, retired librarian and Connie Reichart, retired teacher

A glimpse into the lives of a few U.S. presidents listed as follows per session date:

Mar 2 – William Henry Harrison, John Tyler, James Knox Polk, Zachary Taylor and Millard Fillmore
Presenter – Jim Nelson

Mar 9 – Grover Cleveland and Benjamin Harrison
Presenter – Connie Reichart

Mar 16 – Harry Truman and Dwight Eisenhower
Presenter – Jim Nelson

Mar 23 – Theodore Roosevelt and William Howard Taft
Presenter – Connie Reichart

Facilitators: Jim and Sharon Nelson 635-2662

LIKE BEING INVOLVED...

DESIRE KEEPING YOUR BRAIN ACTIVE...

Civil War Battles of Missouri

Tuesdays, March 3, 10, 24 and 31, 1:30 - 3:30 p.m.

(Note: No session on March 17th)

Location: Clydesdale Rm., Budweiser Building

Presenter: Bill Berry, historian- Columbia, Missouri

Learn and relive some of the major battles which occurred in Missouri and which involved Missouri soldiers of the North and South.

Each of the lectures will have a videotape shown of a reenactment of that particular battle. Discussion of the battle will follow after the videotape.

- March 3 Battle of Wilson's Creek
- March 10 Battle of Lexington
- March 24 Battle of Pea Ridge
- March 31 Battle of Franklin, TN

Facilitator: Dr. David Linsenbardt 636-3727

Flower Gardening: Annuals, Perennials for All Season Color

Wednesdays, March 4, 11, 18, and 25; 1:30 - 3:30 p.m.

Location: Rm. 8, Soldiers Hall, Lincoln University

Presenter: Marsha Richeson, gardening expert

Back by popular demand, Marsha will present ideas for designing, planting and maintaining annuals and perennials for color during all Missouri's seasons. Marsha gives numerous tips and ideas about gardening through her expertise and knowledge of plant science. A field trip will be included with this course.

Facilitator: Marilyn Graham 634-7918



*"Absence of occupation is not rest,
A mind quite vacant is a mind distress'd"*
By William Cowper, 1731-1800

Nature and Conservation in Film

Thursdays, March 5, 12, 19 and 26; 1:30 - 3:30 p.m.

Locations: Central United Church of Christ (UCC) at 118 W. Ashley or Runge Nature Center

Commentator: Gene Brunk, Dept. of Conservation Forester, retired

The history of Missouri's nature and conservation efforts have been preserved in films for over 70 years of the department's existence. Mr. Brunk, a retired forester with the department, will highlight the developments that have led Missouri to become one of the top conservation agencies in the nation.

Session locations by date:

- March 5 Central UCC
- March 12 Runge Nature Center
- March 19 Runge Nature Center
- March 26 Central UCC

Facilitators: John and Elaine Shimmens 636-6606

...THEN BE ALL YOU CAN BE AND BE AN LIR VOLUNTEER!

Sign up on the enclosed Membership Application!



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

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Jefferson City, MO
Permit No. 364

**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 (established); others pending
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 INFORMATION..(573)681-6152; lir@lincolnu.edu**
Web site - (www.lincolnu.edu/pages/799.asp)
Office hours: Hours – 10-12 noon, Mon. - Thurs.

LIR OFFICE LOCATED AT..903 Lafayette Street, Soldiers Hall - Rm. 7, L.U. campus

*Mark your calendars for the Summer Membership Meeting to be held on
Friday, July 24, 2009. Time and place to be announced at a later date.*