

September • December 2006

Learning In Retirement *Inc.*

The President's Et Cetera

by Mary Lou Gillilan

Summer is a time for vacations and a change of pace. It can also be a time to take a deep breath, relax and reflect. One reading of this Newsletter will tell you that many LIR volunteers have been busy through the summer. I hope they took time for that deep breath. Trip, course and meeting coordinators are the most visible volunteers but I would like to mention some other essential volunteers: who keep the LIR office open so Sharon can take a vacation; who help process event registration; who take a part in the production of the Newsletter; and who put effort into keeping the LIR organization moving forward. THANK YOU TO ALL THE VOLUNTEERS! Want to be one? Call the office (681-6152) or me (893-3547) Mary Lou.



Missouri River Boat Trip

FRIDAY, September 22, 8:30 am

Hurrah! The Department of Conservation (DOC) has agreed to schedule another trip on the Missouri River for LIR members. Come enjoy the beautiful scenery from the river view. The knowledgeable DOC guides will discuss history and environmental issues related to this stretch of the river. You may even see a flying fish up close and personal.



At 8:30 am we will meet at the Noren Access just up river (on north side) from the Missouri River Bridge. We will motor up the river to Cooper's Landing and have a leisurely trip back returning to the Noren Access around 4:30 pm. Lunch is on your own at Cooper's Landing. It may still be hot so bring sun screen, a snug hat, one or two bottles of water. The total cost of the trip is a nonrefundable \$10.00 due upon registration. This trip is limited to 22 people. There will be a waiting list. Further information will be given to you before the trip.

Coordinators: Bob Gillilan 893-3547
Vera Rust 893-2507.

Changes in the LIR Board of Directors

Early in the year, Dolores Weiman resigned due to illness. Dolores, who died in the spring, was one of the LIR founders. Her wisdom, wit and laughter are sorely missed. Bob Heidbreder also resigned. Warren Solomon and Carol Ellinger were appointed to these vacancies and they are rapidly assuming responsibility and leadership. The terms of Barbara Belshi, Don Alberti, and Rosemarie Turner will end December 31, 2006. Thank you for your positive leadership that has helped shape LIR. Mary Grillos, Hal Hebert, and Barbara Swanson were nominated to fill these vacancies. There is little doubt that they will receive an unanimous vote at the July 28 membership meeting. Welcome to all the new Directors and a big thank you to Barb, Don and Rosemarie.

Theatre!

WEDNESDAYS: 1:30 -3:30

September 8*, 13, 20, 27 & October 4

Assembly of God Church, 1900 Highway C

Presenter: Wyn Riley

*See below for special time and place



The four sessions will include the following: discussions of amateur vs. professional theater, its expectations and demands; drama vs. musicals, including a brief history of both; several scenes from Broadway shows depicted via small screen; the role and responsibilities of the director in a production, from the reading of the script to opening night.

An award winning original play, "Native Stone", written by Vassar drama and film professor Dr. James Steerman, will be presented at Miller Arts Center, *Friday evening, September 8. Class members are asked to attend. For reserved tickets call 659-3955. The play will be analyzed and critiqued during the first session. Also included in the class plan are selected scenes to be prepared by participants for the final session on October 4. Coordinator: Vera Rust 893-2507

Poetry - As You Like It!

THURSDAYS, October 5, 12, 19 & 26,

1:30-3:30 pm

Central United Church of Christ

118 W. Ashley Street

Presenter: Dr. Linda Wyman

The course is about reading poetry and enjoying it. Have you ever wondered how do you know when you're "right" while reading poetry? What are the clues? What kinds of things does Linda Wyman "know" that enables her to make sense of poetry?

Linda will organize this course around some basic things to be aware of, such as metaphor, word choice, sound, etc. She also will discuss how to read the "white space" and other "tricks" to increase your enjoyment of poetry. The course will be held on four Thursdays in October (listed above).

Coordinator: Phyllis Von Der Brueguegg 893 - 3868



Alert! Alert! Alert! Change! Change! Change! Read! Read! Read!

Alert! We now have a more flexible timing for the courses in this semester (September -December). LIR members will need to READ the course descriptions to see the dates and times. We have an early evening, a morning and various afternoon courses.

The effort to schedule more courses with flexible hours was the result of your filling out a survey earlier in the year. The presenters have a better choice of class times, as well as, providing a more flexible schedule for attendees. We hope to continue with flexible time slots during the January-April 2007 schedule.



■ - Share LIR - If you know someone who may be interested in joining LIR, call 681-6152 or e-mail lir@lincolnu.edu with their names and addresses. A current newsletter will be sent to them. You need to call at least two to three weeks prior to the registration due date to allow adequate time.



■ - We are Looking for volunteers who know how to search for grants, write grants and for CPA. Call or email the LIR Office if you are interested.

A Holiday Event Christmas Music at Powell Hall

FRIDAY, December 15

7 AM



Back by popular demand - a return to beautiful Powell Hall in St. Louis for a Christmas music program. For first timers, Powell Hall, home of the St. Louis Symphony, is a classically elegant setting in white, red and gold decor. The music performance is always a rare treat.

We will begin the day with a visit to Missouri Botanical Garden which is also known as Shaw's Gardens. This is another destination well known to LIR travelers. We've arranged for a special event called "Gardenland Express: Vintage St. Louis" - a holiday flower and train show. There will be ample time for strolling through the garden. Lunch is scheduled at the popular Central West-End Wild Flower Loft where you will have several choices from the menu. (More information at a later date)

Departure from Wal-Mart parking lot will be promptly at 7 am. with a rest stop en route. We hope to arrive back in Jefferson City about 8 p.m. A nonrefundable deposit of \$45. is due with registration. The balance of \$45. is due November 15. The total cost of \$90 includes transportation, admission to the Garden, lunch, concert ticket and gratuities. We look forward to traveling with you!

Coordinators - Marilyn Miller - 636-8233

Gwen Gevecker - 636-9700



Learning in Retirement, Inc.

~ LINCOLN UNIVERSITY ~

<http://www.lincolnu.edu/pages/799.asp>

Office Hours: 10:00 am- 12:00 noon, Monday- Thursday

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Lincoln University

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The Return of Lewis and Clark, 1806

WEDNESDAYS - October 18, 25,
November 1, 1:30 - 3:30 pm
Room 111, Soldiers Hall,
Lincoln University
903 Lafayette Street

Presenter: Stephen Meyer



Stephen Meyer is currently a reenactor for the St. Charles Reenactment group of the "Corp of Discovery" now in Montana. He will travel the return trip of Lewis and Clark. The three session classes will focus on this adventure.

Coordinator: JoClare Meyer, 636-5762



LIR Club Update

Hiking Club will meet again in the Fall.
Pinochle Club meets third Monday, 2 pm.

Biking Club may organize after the fall "Safe Cycling" Course. **Bridge Club** meets second Monday, 1 pm.

Book Club meets fourth Monday, 1 pm. **Creative**

Writing -second Thursday, 9:30 am. You must be a registered member of "Learning in Retirement" to participate.

Coordinator June Glaser, 635-4254



What Do You Want To Know ?

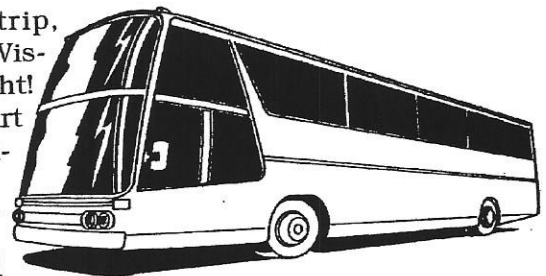
Trips and courses are being planned as you read this. We are always in need of ideas. Right now Learning on Wheels needs ideas for day trips. Do you know of something within 2 hours drive that is great to see and learn about? If you do, talk to someone on the Educational Travel Committee. The Curriculum Committee is always looking for a new subject and faculty. Have an idea? Talk to someone on the committee. If you don't know who is on the committees call the office and you will be referred to the committee chairperson.

We Want to Hear From You How did you like this event? What would you change? Where would you like to go? What would you like to learn more about? Yes we do read and listen to your comments. There is rarely a planning meeting when "I was told..." "several people said..." "the evaluation comments were..." Things are changed or reinforced based upon what the members tell us. So fill out those evaluation sheets. Talk to the coordinators, committee members or Board members. What you think is important.

A Trek to Wisconsin

October 10-14, Tuesday (7 am) - Saturday

Our fall trip, 2006, is a Wisconsin delight! We will depart from the Wal-Mart lot at 7 am Tuesday morning and spend most



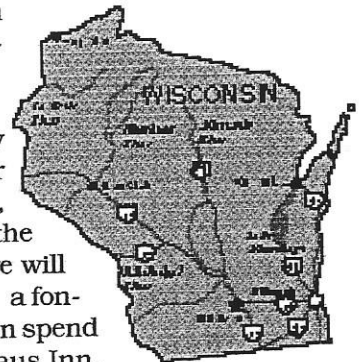
of the day enjoying the fall scenery on our way to Spring Green, Wisconsin. Here we will spend the night at the House on the Rock Inn and Resort. The following morning we tour the House on the Rock which is an architectural marvel, stupendous panoply of amazing collections and Alex Jordan's tribute to the power and beauty of nature.

After lunch we will depart for Baraboo where we tour the Circus Museum and then make our way to Tomah for the night.

Thursday morning we're off to Cranberry Country--a tour of the Wisconsin Cranberry Discovery Center and an awesome tour of the Wetherby Cranberry Farm. You will stand on the banks of the cranberry beds, learn the growing and harvesting processes and tour the sorting warehouse. It's incredible!

Next stop following Warren is Wisconsin Dells where we board the Lower Dells Boat for a trip on the Wisconsin River. We will spend the night in the Dells after we enjoy an old fashioned threshing dinner with Scandinavian hospitality, food, and entertainment with Ole and Lena stories. It's an unusual setting and enjoyable event!

Friday will find us in New Glarus WI where we tour the Swiss Historical Village, visit quaint shops, dine at the New Glarus Hotel where we will enjoy Swiss entertainment, a fondue demonstration and then spend the night at Chalet Landhaus Inn.



Saturday it's "Good-bye" to Wisconsin and we start home. We stop in Monroe, for a tour of a cheese factory and continue rolling south to Jefferson City. We should arrive home by 8 pm

Coordinators -- Vera Rust 893-2507

Rosemarie Turner - 635 - 3175

Tour Cost-\$445. - Double Occupancy

\$580.- Single Occupancy

Deposit of \$150. required with registration

Final payment due September 1, 2006

Double - \$295.00 -- Single - \$430.

Safe Cycling

TUESDAYS, October 17, 24, 31 & November 7

1:30 to 3:30 pm

Rm. 111, Soldiers Hall, Lincoln University

903 Lafayette Street

Presenter: Mark Sullivan



Mark is a qualified Cycling Instructor and started to ride a bicycle again in his late 50s and has been doing it for over 15 years. Most of us rode a bike when we were kids--until we got a driver's license. Then it was pretty much over. That is a shame. Cycling is an interesting, low impact exercise that can be practiced for a lifetime. He has agreed to help interested LIR members get started again.



We will focus primarily on safety, but cover whatever is needed by the class. If you have a bike, fine, but it won't be needed for the first class, and maybe more. So, if you need advice on what would be the best bike for you wait until classes start.

If you want to get one sooner, call Mark at 635-6404. A flyer will be provided at the first class which will help with your choice.

Coordinator - Donna Drew 896-4691



Biblical Archaeology and the Gospels

MONDAY EVENINGS,

September 11, 18, 25, October 2

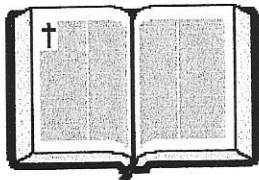
* 7:00 - 9:00 p.m.,

Soldiers Hall, Rm 111, Lincoln University

903 Lafayette Street

Presenter - Kevin Thompson

Kevin's is an archaeologist by avocation and knows the cave from which the gospel of Thomas and Judas (for example) emerged. He might stress the debate which brought our new testament together.



*If night driving is a problem, please try riding with a friend. Call the office or the coordinator for assistance with a ride. Call the coordinator for assistance with a ride.

Coordinator: Jim Nelson, 635-2662

LIR Calendar

September 4, LIR office closed

September 21, Historic St. Charles Trip

September 22, Missouri River Boat Trip

October 10-14, South Wisconsin Trip

November 22-24, LIR office closed

December 15, Christmas Music

at Powell Hall

December 22-January 1, LIR office closed

December 26, Newsletter

mailed, hopefully

January 15, 2207, LIR office closed

January 29, 2007, LIR Classes start

The Wonder of Birds

TUESDAYS, September 12, 19, 26, October 3

1:30 - 3:30 pm

Runge Center, 330 Commerce Drive

Presenter: Department of Conservation

Runge Center Staff

"Birding" opens up a whole new world, which is one of the reasons it has become a favorite pastime for many Missourians. Join the staff at the Runge Nature Center for the four sessions

and learn about why it is so popular!



"Birding" -What's the Big Deal? Walk the trail (.3 miles) after a short introduction and look for birds. Bring binoculars (or Runge will furnish you a pair). **Out and About** -Search for some of Missouri's Birds and hear details about the birds you will see on the Runge Trails. **Bringing the Birds to You** -Birds can be enjoyed right at your home. All you have to do is provide habitat. Learn some techniques for making your backyard a bird haven. **Nocturnal Birds** - Have you ever gone owling? Birds that are active at night hold a special fascination. Discover the beauty of owls, night hawks, and other nocturnal birds during this indoor presentation.



■ - Visit the <http://www.lincolnu.edu/> for information about LIR Inc. (click academics, colleges & schools, graduate studies, continuing education)

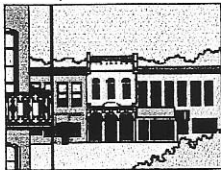
Historic St. Charles

Oldest City Along the Missouri River

THURSDAY, September 21, 6:30 am

We have planned a day in historic St. Charles leaving the Wal-Mart lot at 6:30 am. No stop for breakfast so bring a snack if you need nourishment before lunch. At 9 am We arrive in St. Charles where a step-on guide will board the coach for an hour tour of the Historic District of St. Charles.

From there, we visit the Lewis and Clark Boat House and Nature Center. In the museum we view exhibits that will give you a sample of an exciting part of U.S. History, the Expedition of Lewis and Clark and the Corp of Discovery. At 11 am. we will see Missouri's First State Capitol. The buildings have been completely restored and furnished as they appeared from 1821-1826 when the legislature met in St. Charles.



At noon, we cross the street and lunch at Lewis and Clark's, an American Restaurant and Public House. The afternoon will be spent at your leisure. St. Charles is planning a special welcome for the Corp of Discovery Piroque and Canoes at the waterfront, Frontier Park, at approximately 2:30 p.m. You may want to watch the ceremony or browse through the many "period" vendors and displays in Frontier Park or browse Historic Main Street. This is the largest historic district in the state of Missouri featuring 88 restored buildings dating from 1790 to the late 1800's. There are over 125 craft and specialty shops. Wear comfortable walking shoes!



We leave St. Charles at 4:15 p.m. and arrive home about 7 pm. Cost for the day is \$50 payable in full at sign-up.

Coorinator--Mary Grillos 496-2955 --
JoClare Meyer 636-576



Cooking with Pizazz

MONDAYS, October 16, 23, 30, November 6

1:30 - 3:30pm

Coca Cola Building, 604 Jefferson

Enjoy the 'magic' of food as our talented instructors teach, chat, demonstrate, prepare and allow us to sample their exciting and innovative creations. (Men, you'll enjoy this too!)

October 16 and 30

Dan Halterman, Executive Chef, St. Mary's Health Center will give us a history lesson on food, how food has evolved in our lifetime, foods of the depression and the years following and, much more! He will

continued next column

Check Your Driving Skills

THURSDAYS, September 21 & 28

8:30 am.- 12:30 pm.

Soldiers Hall, Room 204, Lincoln University

903 Lafayette Street

AARP Presenter: *Harry F. Kennedy*

Think your driving is okay? Do you tend to drive more than 5 mph under the highway speed limit? Can't figure out what the previous sentence meant? Does your spouse tend to help you drive more than usual? Do your front seat passengers brake the floor board? When was the last time you read a current Missouri Driver Guide? Know what to do when you are approaching or are in the middle of a funeral procession? (If you are in the front of the procession, you won't be driving.) AARP has an 8 hour driving course that discusses ways to adjust our driving to our slowing reflexes. It gives you an opportunity to check your knowledge of current signage and laws. There is time for questions and discussion. A certificate is given to those who complete the 8 hours. Your insurance company may acknowledge it. Give yourself, your family and friends a gift by attending this course.

Special note: The cost of this course is \$22.00 which includes the cost of the workbook. This is a good investment for your safety. Coffee and refreshments will be provided. Place to be announced. Coordinator: Bob Gillilan - 893-3547.



...continued from first column "Cooking with Pizzazz"...

incorporate ways and ideas to make cooking fun and enjoyable. Demonstrations and tastings will all be a part of the fun.

October 23

Debbie Rust Gebhard and **Robin Aires** from "Tellers" will present "Cooking with Herbs". When it comes to cooking, the taste and aroma of herbs are awesome and provide great sensory pleasures. Learn how to enjoy their use and flavors in your favorite recipes.

November 6

Nancy Samp will tempt us all with her session on "Deserts". What visions come to mind when you hear someone announce desert? Nostalgic memories of warm bread pudding or "let them eat cake", or a temptation to avoid? We will explore deserts ALL can enjoy!

Coordinator - Rosemarie Turner 635-3175





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Fast Forward to 2007

Theatre - January 31, 2007, We're off to Jesse Hall to see "Cats". Dinner before the performance at a Columbia Restaurant. Save the Date! We have tickets reserved.

Spring trip - Little Rock, Hot Springs, Arkansas in May 2007

Fall Trip - Oklahoma

Also planning other exciting trips to Fulton, Versailles, St. Louis, Eureka, Cahokia, (maybe more).