

January • June 2008

Learning In Retirement ^{Inc.}

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Membership Meeting Friday, January 18, 2008

Snow Date: Friday, January 25, 2008

Registration at 1:30 pm

Meeting at 2:00 pm

Faith Lutheran Church
Corner of Dix Rd. and Industrial Blvd.



Summer Membership Meeting
Friday, July 25, 2008
(Time & place to be announced)

President's Et Cetera

by Hal Hebert

As the 2008 president of Learning In Retirement I have a wonderful opportunity to meet new people and experience new ideas.

The essence of LIR has been described by the phrase:

"A love of learning with exceptional people in engaging environments creates memorable experiences" and nothing could be more true.

Experiences are memories and memories are thoughts, impressions, and events that make up and shape our lives.

As president, I hope to maintain the high standards that my predecessors have set and I want to create an environment that will help you create your new memories and your new friendships.

I always like to hear new ideas, new suggestions and comments. Let me hear from you at : lir@lincolnu.edu. I also encourage you to visit our website to keep abreast of our activities at: WWW.LINCOLNU.EDU/PAGES/799.ASP I'm looking forward to 2008's activities and to meeting all of you. Let's all get together and learn about interesting topics, travel to new places and above all, let's have Fun!

Help us make LIR grow even more in 2008.



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Travel February-July

Let's Explore Jefferson City

Wednesday, February 13, 2008

#33

Have you lived in Jefferson City all your life and never taken the time to explore some of our exciting places of interest? Come with us on Wednesday, February 13, 2008, as we tour four of these interesting sites.

We will start this delightful day at the National Guard's "Museum of Missouri Military History" at the Ike Skelton Training Center. Curator Charles Machon is anxious to show us three rooms full of exhibits dating from the Revolutionary War to Iraq and Afghanistan. NOTE: Bring a photo ID (driver's license) in case we need it to enter the Training Center area.

Next we will travel to the new Lewis & Clark State Office Building, commonly known as the DNR "green" building, where their public information officer will take us on a guided tour as we investigate the environmental advantages of this one-of-a kind building in Jefferson City.



Lunch at the G2Gallery on High Street (the Old Lohman Opera House), Jefferson City's newest downtown restaurant, will be both delicious and interesting. After lunch we will walk one block west to the Main U.S. Post Office where we will be given a tour of this federal facility and find out what happens to our mail after we drop it in the mailbox. (see next column)



We then board our bus and travel to the Temple Beth-El, Jefferson City's Jewish Temple, which was built in 1883. Bobbi Herman, a member of the congregation, will give us all the

details as we tour this historic structure.

Level of Difficulty: There are stairs to get to the second floor to eat at The Gallery. The rest of the day should not be strenuous.

Our bus will leave Wal-Mart parking lot (by the ATM machine) at 8:00 am and we plan to be back there by 3:30 pm. D & K School Bus Service will provide our transportation.

Limit 45

A one-time charge of \$25 is due with registration. Coordinators- Margaret Kremer (893-2691) and JoClare Meyer (636-5762).

Count Basie Concert

Tuesday, February 26, 2008

Jesse Auditorium, Columbia

#34



For over seven decades The Count Basie Orchestra has presented jazz as the "modern art" of American Music. Travel with LIR music enthusiasts for dinner and a concert in Columbia. We will have dinner at Tellers and then go to Jesse Auditorium for the

concert. The orchestra features a 19 member ensemble and we know that you will have a wonderful

Total payment due by January 20 to hold our reservation at Jesse Auditorium. Total Cost \$50

Leave Wal-Mart 4 pm. Return approximately 10 pm.

Coordinators: Mary Kay Linsenbardt 636-3727
JoClare Meyer 636-5762

❖ DID YOU KNOW -when LIR was organized in 1992, it was the first Learning In Retirement in Missouri?

PointsNorth:

Keytesville, Brunswick, Laclede, & Bevier

What's There?

Wednesday, April 23, 2008

We board the coach promptly at 7 am at the Wal Mart parking lot to explore our neighbors north of Columbia.

#35



Our first stop will be in Keytesville, where we tour the General Sterling Price Museum. Traveling on to Brunswick we will find the worlds largest pecan (12,000 lbs). The James family prepares lunch for us and theatre seats await us to see a very interesting play. In the "Nut Hut," you will be able to purchase pecans, hickory nuts, hicans and other nutty products.

About 45 minutes to the north at Laclede, are General John Pershings boyhood home and Museum. We will have a guided tour in this State maintained Museum.

Marceline is the boyhood home of Walt Disney and we will see Walt's "Dreaming Tree" and Barn. The restored 1913 Marceline Santa Fe Depot houses the story of Walt's early years in Marceline as well as a unique collection of family artifacts.

Our final stop for the day will be dinner at "The Pear Tree" restaurant in Bevier. You will be contacted for your menu choices before the trip.

Bevier

We plan to be back in Jefferson City about 8:30 pm. Activity is considered to be moderate.

To register include a non-refundable deposit of \$40 along with your registration form. A final payment of \$50. is due April 1 st.

Coordinators: Vera Rust 893-2507
Dorothy Gieck 635-5947

#8

Kansas - From Territorial Conquest to Our 34th President

Tuesday-Friday, June 3 -June 6

Topeka and Abilene, Kansas

Tuesday, June 3, we will board the coach at the Wal-Mart parking lot promptly at 7 am. Our first break will be at Concordia.

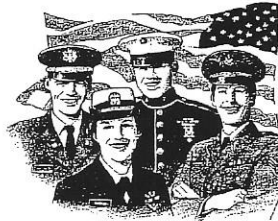
We arrive in Topeka in time for lunch on our own. After lunch our docent will guide us through the First Presbyterian Church with it's renowned Tiffany windows. Across the street in the Kansas State Capitol, docents will guide us on a tour, up to the dome, if you wish. (cont. next column)

#36

We find our home away from home at the Baymont Inn for the night. There are many restaurants nearby, for dinner on your own.

Wednesday, June 4, board the coach for a tour of the Combat Air Museum. Following is a visit to the nearby Harley Davidson Museum. Lunch is in the Harvey House, at the Great Overland Station where a self guided tour is scheduled (remember the Harvey Girls?).

After a guided tour, through the Kansas History Museum, we board our coach and drive to nearby Wamego. Here we will tour the Dutch Mill site and the Oz Museum. In this small town you will be able to stroll through the park and shops, then choose a restaurant for dining. Our coach will be waiting to take us to Super 8 for the night.



Thursday, June 5, we depart for Fort Riley where we see "The Commanding Generals Color Guard", followed by a driving tour with a step on guide through the Fort. You will be

able to visit the museums of your choice: U.S. Cavalry Museum, U.S. Constabulary Museum, U.S. Infantry Museum, or the Custer Home.

Our next stop is the Union Pacific Depot in Abilene where we have a tour and have lunch. At the Seeley Mansion we see it's 24 rooms containing original furniture and Edison light fixtures. Board the coach for the next stop at the Heritage Center and Telephoney Musuem. We will be ready to check into The Holiday Inn Express, rest a bit and on to the Historic Brookville Hotel for our prepaid dinner.



Friday, June 6, Board the coach for the Eisenhower Center to spend the morning. The Greyhound Hall of Fame is across the street, if you wish to visit. Our next stop is Mr. K's Farmhouse Restaurant for prepaid lunch. Then on to Jefferson City. We expect to be home about 7pm. The trip includes 3 breakfasts, 3 lunches (Wednesday, Thursday, Friday) 1 dinner Thursday. All admissions and gratuities are included.

To register send a non refundable deposit of \$110 with your registration form. The final payment of Single-\$340, Double-\$220 is due May 1.

Coordinators: Vera Rust 893-2507
Henry Dahl 635-2139
JoClaire Meyer 636-5762
Dorothy Gieck 635-5947

limit 45 44

If you would like more information about the trip before you sign up and an opportunity to meet fellow travelers, join us for "Coffee" 8:30 am February 19 in the Fireside Room at the Truman Hotel.

#28

Holocaust Museum - Daniel Boone's Home & Boonesfield Village

Wednesday, July 9

Join LIR on July 9 for a trip into the St. Louis area where we will visit two completely different periods of history. Our first stop will be at the Holocaust Museum. Photographs, artifacts and audio visual displays help visitors explore pre-war Jewish life in Europe, the rise of Nazism, the Holocaust period, post-war events including liberation and Jewish life after the Holocaust. We have arranged to have a Holocaust survivor speak to our group. Our lunch stop will be at the Home Town Buffet in Chesterfield. They offer a very nice buffet style menu.

In the afternoon we will have a guided tour of the 4 story Georgian style Daniel Boone home and the Boonesfield Village near Defiance. Boonesfield Village offers a glimpse into early 19th century life on the Missouri frontier. It is comprised of an 1830's school house, milliner's shop, pottery workshop, general store, grist mill and more.

Cost \$58. Due with reservation \$25. Final payment of \$33. is due June 1.

Leave Wal-Mart at 7 am. Return about 7pm.

Coordinators: Mary Kay Linsenbardt 636-3727
Henry Dahl 635-2139

447

❖❖ LIR business cards are available for you to keep in your purse or wallet to provide potential members with basic contact information. Pick some up at the Winter Membership meeting, and invite others to become LIR members.

St. Louis, Here we Come! #37

Enjoy the Magic of Grant's Farm, McGurks Irish Pub in the Soulard Area, & the Anheuser-Busch Brewery

Thursday, May 8, 2008

Join us on an interesting day trip to St. Louis as we explore Grant's Farm, the Soulard area, and the Anheuser-Busch Brewery.

At Grants Farm we will start with a twenty-minute tram ride to experience an overview of the 280+ acre Grants Farm, ancestral home to the Busch family and more than 1,000 animals, see the Elephant Show, the Animal Encounters Show, the Clydesdale horses, have a complimentary Anheuser-Busch beverage (only for those over 21!), and peruse the gift shop.



We have been promised a wonderful lunch at McGurks Irish Pub and Restaurant in the Soulard area. After lunch we will spend some time exploring the Soulard Market.

Then, we go to the Anheuser Busch Brewery for a one-hour "state of the art technology" tour. We will learn the Company's brewing process from start to finish, ending with a tasty sample of the product in the Hospitality Room. We will also have an opportunity to see the world-famous Clydesdales (also known as "gentle giants").

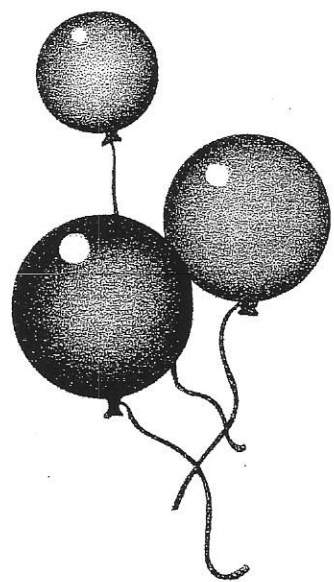


Total cost of the trip will be \$50.00 payable with registration.

448 444

Depart Wal-Mart 7:00 a.m.
Return about 6:30 p.m.
Coordinators:
Marilyn Miller 636-8233
Margaret Kremer 893-2691

❖❖ LIR awards two generous scholarships to Lincoln University students



❖❖ Invite your friends to exercise their brains with LIR

Amendments to the Constitution

The following proposed amendments to the LIR Constitution will be voted on at the January 18, 2008 Membership Meeting.

AMENDMENT 1 - Rationale & Policy: Frequently, persons who consider joining mid-year do not join because they do not want to pay the full year's dues. The Board is requesting a membership for mid-year in an effort to increase membership.

The words in *italics* are currently in the Constitution and the words in **bold** are the additions. The membership will vote on the following:

*Article III- Membership: Annual dues will follow the fiscal period from January 1 to December 31. **Mid-year dues for new members will be for the period of July 1 to December 31....***

The policy to define new member is as follows: A new member who joins after June 30 will pay a membership fee of \$25.00. Mid-year membership applies to a person who has never belonged to LIR or who has not been a member for at least 12 months. The policy is set by the Board and will not be voted on by the members.

AMENDMENT 2 - Change & Rationale: The Board is requesting the number of Board members be changed from 18 to 13. Eighteen members are considered by many organizations a large number. Also, the number of expired terms per year is not an even amount. Six Board members will have expired terms in 2008. It will be an enormous task to replace this many people.

The wording in *italics* is currently in the Constitution. The word in *(parenthesis)* will be deleted and the word in **bold** will be added. Members will vote on the following:

Article V - Organization and Officers:....The Board of Directors (*18*) **13** members ...

If you have any questions or want to discuss this please talk to a member of the Board.

Here Comes the Judge, PLUS

Mondays, February 4, 11, 18, 25, 1:30 - 3:30 pm

Soldiers Hall, Lincoln University, Lafayette Street

Hon. Duane Benton, Hon. Richard Callahan present memorable moments on the bench. Plus, Otis Baker and David Scherr will lead discussions of current events and issues.

Coordinator: Dr. David Scherr 635-1217

Mind/Body Focus

Wednesdays, February 6, 13, 20, 27 or March 5,

1:30 pm - 3:30 pm

*1432 S.W. Blvd
PO Box 1128 JC 65702*

Presenter: Kay Benward, Supervisor, Healthplex Fitness Center

Southwest Campus, Capital Region Health Center, 1411 Southwest Boulevard, Conference Room

A new curriculum focuses on keeping the mind and body active as key elements to successful aging. Learn to perform mind stimulation activities focusing on healthy lifestyles.

The first half of the class is informative: 10 Step Memory workout, Humor; A Great Brain Activity; Stimulating your Creative mind by Life Story Writing; Brain Provoking Games, Exploring your Inner Self; Stress Management, Label reading for good health.

The second half of the class is interactive exercises: Chair Yoga; Zumba Gold; Gentle Pilates; Tai Chi, Stretch and Stabilize; Low and Light Aerobics; Muscle Moves, Young at Heart.

Limit: 30. Minimum: 15. Cost: \$12. to LIR. Healthplex Members \$20. Nonmembers \$30. Payable to Healthplex.

Coordinator: Georganna Beachboard 635-1566



Healthplex 20 member



Statement of Snow Policy

The event will not be held, in general, if The Jefferson City Public Schools are closed. Trips will be decided on an individual basis.

Courses - Second Session

MARCH 10 - APRIL 3



Let's Talk Pets

Tuesdays, March 11, 18, 25, April 1, 1:30 - 3:30 pm

Room 8, Soldiers Hall, Lincoln University, Lafayette Street

Presenters: Dr. Rebecca Johnson,

Al Hahn and Jim Crago

"Successful Aging and Interaction with Pets": learning about our own diseases by studying those in animals including concerns about our pets.

Coordinator: Dr. David Scherr 635-1217

Flower Arranging, Gardening, & Trees on Campus

Thursdays, March 13, 20, 27, April 3, 1:30 - 3:30 pm

March 13 - Flower Arranging

Presenter: Bob Fennewald, Florist

Club Room, 2nd Floor, Hy-Vee, 3721 W. Truman Blvd

Have you wondered how florist's flowers look arranged? Bob has been on the florist team for the holiday decorations at the Governor's Mansion for many years. He will teach the basic fundamentals of flower arranging. Bring a favorite vase and create a new Spring bouquet.

Coordinator: Georganna Beachboard 635-1566



March 20 - Tomato/Vegetable Gardening

Presenter: Don Schnieders, Master Gardener
Parks and Recreation Classroom adjacent to Master Gardener Greenhouse (Directions: Cross Missouri River, 1st exit right, then left at stop sign, cross highway, 1st road to left follow to greenhouse under the water tower.)

Don has a call-in radio (KWOS) program. He will teach the basics of tomato/vegetable gardening and answer questions. Visit the Master Gardeners' new greenhouse next door when plants are growing for the Spring sale.

Coordinator: Georganna Beachboard 635-1566



March 27 - Container/Bed Flower Gardening

Presenter: Alice Longfellow

Longfellow Garden Center, Highway 50W, Centertown
Learn how to create your flower containers, boxes, and beds with 2008 ideas using "Proven Winners" annual and perennial plants. Bring a container (not over 14") if you choose.

Coordinator: Georganna Beachboard



April 3 - Trees on Lincoln University Campus

Presenter: George Enlow, LU Faculty Emeritus
Room 8, Soldiers Hall, Lafayette Street

The "tree expert" of Lincoln University, George Enlow, will teach about the historic and unique trees on a walking tour of campus. Parking is available at Soldiers Hall.

Coordinator: Charles Mahoney 636-8507

Bad Men, Guerrillas and the War on the Borders

Presenter: William F. Berry - 503 W. Broadway Columbia 65203

Wednesdays, March 12, 19, 26, April 2, 9:30 - 11:30 am

Clydesdale Room, Budweiser Building, St. Mary's Blvd.

For Missouri and Kansas, skirmishes centered on the ownership of slaves ensued well before 1861, with the states engaged in conflict along their borders at least a decade before national hostilities were launched.

Although the loss is largely incalculable now, the "border wars" resulted in a considerable number of deaths and vast property destruction. Prominent personalities in both states who figured importantly in the encounters will be featured in class discussions.

Coordinator: Dr. David Linsenbardt, 636-3727

LIR Club Report

Book Club: Carolyn Lott, 635-2967. Meets on the 4th Monday at 1 pm.

Bridge Club: Carolyn Lott / Marilyn Graham, 634-7918. Meets the 2nd Monday, 1: pm.

Creative Writers' Society: Richard Sandler, 573-759-7475, June Glaser, 635-4254. Meets the 2nd Thursday, 9:30 am.

Hiking Club: Jean Werth, 893-3368. Please call for time and place of hikes.

Pinochle Club: Doris Stout, 636-2270. Please call for meeting time.

The meeting place for all LIR clubs is at Soldiers Hall, Lincoln University.

You are invited to join any of our current LIR clubs by calling their respective club coordinator. Information / interest in additional clubs being organized may be directed to **June Glaser, LIR Club Coordinator, 635-4254.**

Need address
Steven Stacey, Pres. Master Gardeners
8055 Rout D JC 65104

Thank You!

THANK YOU DONNA

Donna Drew, Newsletter Editor for the past 2 years, has raised the bar for the Newsletter content and look. Her goal has always been quality information, easy read, interesting look and keeping the production cost at a minimum. Thank you Donna for your hard work and commitment to quality information. It has been a pleasure getting to know you and working with you. MLG

MEET THE NEW EDITOR

Kathel Cooper has graciously agreed to be the next Newsletter Editor. She received a B.S. in Elementary Education and a M.A. in Education from Northeast Mo. State University (Truman State) Her family consists of her husband Jim, son Jason and wife Cindy. And most importantly 2 adorable granddaughters. She retired from Director of Media Services & Technology at J.C. Public Schools. She has been involved in LIR as a volunteer, most recently guiding the upgrade of the LIR web site. She will continue previous editors commitment to an interesting informative Newsletter.

THANK YOU MEMBERS

Thank you for all the support given to me over the past two years. It has been a great experience working with so many wonderful volunteers. One more time I'll say, please find an area in this wonderful organization to volunteer.

Volunteering is another way to learn, meet interesting people and grow in retirement. Hal Hebert's leadership will bring great energy and new ideas.

See you around! Mary Lou



A Travel Reminder to All

We want your ideas and input!!! It's important to us to visit areas of interest to the majority of our travelers. Don't hesitate to call me at 635-3175 or contact one of our Travel Committee members with suggestions. OR...visit our display at the General Membership Meetings and voice your opinion! We're ALWAYS there!

The Travel Committee
Rosemarie Turner, Chair

Seniors can audit

LU classes

Call 681-5206 for details



Winter Membership Meeting



COME ONE! COME ALL! Friday, January 18 - Each LIR member is asked to bring a potential member to Faith Lutheran Church, at Dix and Industrial Drive (park and enter in the rear).

The ringmaster is Hal Hebert, LIR president for 2008. The spotlight will be on travel, engaging learning opportunities, and pursuing individual interests in clubs. You will be entertained by the one and only, LUVE Ensemble, the twelve member vocal group of LU students under the leadership of Michelle Gambling-Green, Director of Chorale Activities. Food and fun will round out the afternoon. No cost, but registration is needed. (See box on page 1 for details.)



Drop in for coffee on the 3rd Tuesday of each month at 9:00 am at the Truman Hotel (formerly Ramada) in the Fireplace Room. Order from the menu with an individual bill. Come chat with LIR friends, make new ones, or introduce a friend to LIR membership.





E-mail: lir@lincolnu.edu
Tele. 573/681-6152

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Lincoln University
Jefferson City, MO 65110

www.lincolnu.edu/pages/799.asp

FAST FORWARD.....August to December '08

The Travel Committee continues to keep busy planning Fall and Winter events "08." Here are plans in the "brewing pot" as we go to print.

August - Whiteman Air Base, Knobnoster, MO - AND a theatre trip to the Lyceum Theatre

September - Stages Theatre, Kirkwood, MO (Our 'scout' says it's a NEAT Theatre with AWESOME performances)

October - Our extended trip this Fall will be to Nashville, Tennessee and the surrounding area- there's much to see and enjoy in our neighboring state and we've placed an order for 'breath-taking' fall scenery

November - Back to 'St. Louis' to hear the Vienna Boy's Choir at the beautiful St. Louis Cathedral

December - We're still in the planning stage but there will be a "Christmas Event" in early December for us to share and celebrate together this wonderful time of the year