

The Learning Times

A Publication of Learning in Retirement, Inc.

From the President

WINTER MEMBERSHIP MEETING

Wednesday, January 20,
2021

12:30 p.m. - Check-in
1:15 p.m. – Business Meeting

St. Martins
Knights of Columbus Hall
Highway 50 W – Rt. T

Pre-registration
deadline:
January 13, 2021

“Snow” date:
January 27, 2021

Warm greetings to each of you!

As we continue to navigate our way through this wave of the coronavirus pandemic, we are uncertain what the next few months will bring. But what we have learned in these previous months is that we need to have a plan forward, and if it must be changed, we can do that through our various forms of communication. We need to remain fluid.

With that in mind, we are going ahead with plans to hold the annual winter general membership meeting at St. Martin's Knights of Columbus Hall on Wednesday, January 20, 2021. We will start at 12:30 p.m. with registration and a scaled down (we don't know what it will look like yet) perusal of the travel committee, curriculum committee, and clubs' tables and view their offerings for the winter semester. We will have the tables appropriately spaced to keep social distance. During this time, you may sign up for trips, classes, and clubs and gain updated information as to how these offerings will be presented in light of COVID-19!

We will not have entertainment this year due to the virus, but we will have a brief business meeting beginning at 1:15 p.m. Because of the pandemic, this will be quite an abbreviated meeting. If the Board feels that, by the time January rolls around, we need to postpone or cancel this meeting, we will get the word out in ample time. Let's hope we can move forward with the meeting, but keep in mind — the safety of all our members is our first priority! Please remember to wear a mask and keep socially distanced at this meeting.

This is the meeting when we can renew our membership or join for the first time. The membership form is included in this newsletter, and you may either mail it in to the LIR Office at Soldiers Hall on the LU Campus, drop it by the LIR office in person, or wait to do it in person at the membership meeting. The cost of membership for the year per individual has been reduced to \$20 per person from the usual \$40. This was a Board decision due to the fact that we had to cancel or limit so many of our course offerings and trips and limit or cancel so many of our club activities this year as a result of the virus! We feel this is an expression of good will and appreciation to our membership for remaining loyal to LIR, and hopefully members will renew their membership for 2021 – which we feel confident will be a much better year in terms of the containment of COVID-19 and LIR.

We deeply appreciate your commitment to the organization during these challenging times. It is vitally important that we remain patient and take advantage of the courses, trips, and clubs that are still available offering opportunities to learn and be enriched. We can survive this and remain a viable organization with your commitment and support.

We are always looking for volunteers to assume leadership roles in the areas of curriculum, travel, clubs, membership, and hospitality committees. Your participation is crucial for the on-going health and survival of LIR! Just ask, how can I help – and we can certainly get you plugged-in!

Again, on behalf of LIR I want to thank each of you for retaining your membership this year and participating in the activities and offerings we have had - even though scaled back.

Respectfully,
Stephen H. Buchholz, President

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Winter Membership Meeting

January 20, 2021

Due to safety concerns regarding our members, the Winter Membership Meeting will be modified to meet current safety protocols. Doors will open at 12:30 p.m. for checking in, paying for parking permits and/or dues, and for asking questions of representatives from Clubs, Curriculum, and Travel.

We will not have entertainment, and seating will be socially distanced with masks required.

The business meeting will start at 1:15 p.m. This will include introductions of officers and board members, minutes of the January 2020 business meeting, and the treasurer's report. Clubs, Travel, and Curriculum chairs will also give brief reports.

Bottled water will be available.

Registration is needed to plan seating arrangements, so please fill out the registration form included in this newsletter and return it to the LIR office, or call the office at 573-681-6152 to register. Final date for registrations is January 13, 2021.

The weather cancellation make-up date for the meeting is January 27, 2021.

Sue Snell,
Membership and Marketing Chair

LU/LIR Parking Permits

Lincoln University parking permits for LIR members will be available at the membership meeting on January 15th, or during regular hours at the LIR Office. Parking permits are good only for parking on the Soldiers Hall lot. Permits are valid from September 1, 2020, through August 31, 2021.

To obtain the permit, you need the following information: vehicle make, model, color, license plate number, and your drivers' license number. Cost of the permit is \$10.

Board of Directors - 2021

Elected Members

Steve Buchholz, President
Rita Grace, Vice-President (Web Administrator)
Inge Gauck, Secretary
Terry Rackers, Treasurer
Barbara Barnard (Clubs Chair)
Lela Bunch
Kay Freidinger
Bill Gerling
Marge Kudrna
Linda Lanning
Cathie Middleton (Sunshine Chair)
Don Neumann, Past President
Chris Straub

Ex Officio Members

Cheri Landers, Office Manager
Curriculum Chair — Vacant
Membership & Marketing Chair — Vacant
Hospitality Chair — Vacant
Kathel Cooper, Historian
Barbara Maxwell, Newsletter Editor
Wendy Hansen, Travel Chair
John Fandrey, Lincoln University Liaison

Cancellations – Inclement Weather Policy

LIR membership meetings, classes, and clubs may be cancelled due to inclement weather if the Jefferson City Public Schools are not in session (weather related).

Local radio and television stations that allow community cancellations will be notified along with one or more of the following: the LIR website, an "ALERT" group email to members, and/or a call tree.

Education travel cancellations may occur due to COVID-19 or inclement weather. Travelers will be contacted individually if a cancellation occurs.

The winter (January) general meeting is scheduled with a make-up date, typically the same day/time/location in the following week. Length and content of this meeting will be adjusted to accommodate the make-up situation.

Should a second weather-related cancellation occur for the membership meeting, a business meeting ONLY will be held within one week of the cancelled meeting. The place and time of this meeting will be determined.

LIR Scholarships Awarded

Three Lincoln University students are recipients of LIR academic scholarships for the 2020-2021 school year.

Because of COVID-19, the LIR general scholarship was not awarded last spring, which enabled LIR to award two scholarships now for the 2021 spring semester. The recipients of that funding and the **LIR/Dr. Gary K. Scott scholarships** are Karlie Allen and LaShonda Johnson.

Karlie Allen, a sophomore from Jefferson City, Missouri, will receive one of the LIR/Dr. Gary K. Scott Scholarships. She is majoring in Elementary Education and minoring in Business Administration.

Karlie currently works at Central Motor Bank as a teller, and has volunteered at the Samaritan Center in Jefferson City. Karlie currently has a GPA of 3.85.

LaShonda Johnson, a junior from Columbia, Missouri, will also receive an LIR/Dr. Gary K. Scott Scholarship. She is majoring in Nursing.

LaShonda currently works at Harry S Truman Veterans Hospital and at Boone Hospital. She has volunteered at the Lincoln University Nursing Gala, the Lincoln University Day at the Capitol, and at Fulton State Hospital. LaShonda currently has a GPA of 3.2.

The **ROTC Scholarship** was awarded to Cadet Jonathan Brooks.

Cadet Jonathan Brooks from Memphis, Tennessee, is a Computer Information Systems major with a minor in Military Science. He was named to the University Dean's List for Spring 2020.

Cadet Brooks is a member of the Army ROTC program and served as 2019 - 2020 Mr. ROTC. He is also a member of the STEM program where he has done research for his internship working under Professors Dr. Eugene Boadi-Danquah and Dr. David Heise.



He has attended the Annual Emerging Researchers National Conference in Washington, D.C.

He also volunteers back home as a Youth Ambassador guiding children toward a better path in the Memphis community.

After completion at Lincoln University, Cadet Brooks plans to become a Second Lieutenant in the United States Army, serve as a Finance Officer, and enhance his skills in Computer Science by attending graduate school.

MEMBER LIABILITY WAIVER

Your membership application will have a liability waiver for you to sign.

This waiver is your agreement to indemnify and hold harmless Learning in Retirement, Inc., from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees brought as a result of your involvement with Learning in Retirement, Inc., in the event there is any exposure of member to any communicable disease.

LIR OFFICE CLOSINGS

The LIR Office will be closed on the following holidays:

January 18, 2021
February 15, 2021
May 31, 2021
July 5, 2021

Except for the dates listed above, the office is generally open between 10 a.m. and 1 p.m. Monday through Thursday, but special circumstances may require the office closing at a moment's notice.

Before stopping by the office, please call to be sure we are in. 573-681-6152.

Senior Citizen Program at Lincoln University

The Senior Citizen Program at Lincoln University allows people 65 and older to take classes for \$25 per semester — audit only — after regular registration. Participants must be admitted to the university and pay an initial one-time \$20 application fee. Interested individuals should contact the Division of Educational Innovation and Extended Studies at 573-681-5206.

Updates from the Travel Committee

The Travel Committee has been working hard to provide some fun as well as educational opportunities for you in 2021 and is pleased to offer six events for the first half of the year.

Since we are still in such uncertain times with the COVID-19 situation, we are proceeding carefully, keeping your health and safety in mind.

All six ventures will be in our local area and participants will drive themselves to the venue, thus eliminating the need for a coach. Most events will be offered two times with a maximum of 18-20 people each, so we can practice social distancing as much as possible.

Cost has been kept to a minimum with three trips at only \$5! It is possible that any of these trips may have to be cancelled or rescheduled due to the coronavirus.

Registration

- ◆ For trips offered more than once, **select only one.**
- ◆ Indicate number attending in correct column.
- ◆ For the \$5 trips, we ask you to pay at the venue on the day you participate.
- ◆ The other three trips will require the total fee submitted with your registration.
- ◆ When registering with a friend for trips, you are strongly encouraged to mail or drop off registrations together because registrations are recorded as received.
- ◆ Refunds for trip cancellations depend on the ability to fill the vacancy and will be made after the date of the trip.
- ◆ NO deposit is necessary to be placed on a wait list.

Health & Safety

- ◆ Carry your current medication information with you at all times.
- ◆ LIR travel requires walking and the physical capability to tour sites. If you have concerns regarding the described activities, please call an escort to discuss the degree of difficulty of the trip's venues.
- ◆ Travelers with special dietary needs should contact an escort **PRIOR to the trip** to express their required dietary accommodations.

General

- ◆ LIR trips visit both public- and government-sponsored sites. It is the responsibility of the traveler to follow the guidelines as dictated by the venues visited.
- ◆ Tips for meals and donations for charitable venues are included in the cost of the trip.
- ◆ **Please wear your name badge—it's been awhile since we've been together!**

TRIPS: JANUARY — JULY 2021

Let's Get Our Hands Dirty

Longfellow's Garden Center, Centertown
Tuesday, March 2/Wednesday, March 3

Join us for a fun-filled day at Longfellow's Garden Center in Centertown, Missouri. It's time to shake those winter blues and think about gardening. Alice and her staff have planned three breakout sessions for participants: (1) an educational session on gardening, (2) a garden-related craft project that you can take home, and (3) a "get your hands dirty" planting project for participants to take home with them to sing to, talk to, and nurture as it grows.

We ask that participants drive themselves to Longfellow's located at 12007 Lookout Trail in Centertown, arriving shortly before 10:00 a.m. At 10:00 a.m., Alice and her staff will divide participants into three groups for the rotating of the three breakout sessions. Each session will be approximately 45 minutes with time in between for a comfort break, some shopping (always popular), or asking Alice or one of her on-site experts a gardening or landscaping question. Alice suggested you might want to bring a picture of a problem landscape area or plant to assist with questions.

A brown-bag lunch consisting of a sandwich, chips, and cookie will be provided along with water and soda. If you are gluten-free, please let us know, so we can arrange a salad selection for you.

Two separate trips of 18 participants each are planned as both Kays and Alice want to allow room for social distancing. The first day is Tuesday, March 2, 2021, and the second trip day is Wednesday, March 3, 2021. Please indicate on the Travel Registration Form which day you will be joining us. The cost of \$40 includes Longfellow's fee and the brown-bag lunch including water and soda.

Start Time at Longfellow's: 10:00 a.m.
Finish Time at Longfellow's: 2:00 p.m.

Escorts: Kay Freidinger 573-645-3116
Kay Martellaro 573-680-6058

Cost: \$40 due with registration

BLUE SUEDE SHOES CABARET

Capital City Productions Theatre
719 Wicker Lane, Jefferson City
Saturday, March 13

"Blue Suede Shoes Cabaret" is part of Capital City Productions (CCP) "Spotz on Artists" series and is a tribute to the King himself, Elvis Presley, and some of the finest rock and roll talent of the '50s and '60s. During the 1950s and '60s, a mixture of country, gospel, rockabilly, and rhythm and blues all captured the imagination of teenagers who were seeking something more exciting than Frank Sinatra and Perry Como. The culmination of that movement was Elvis Presley, a hip-shaking symbol of liberation, who became rock and roll's most glorious star.

Now you have the rare opportunity to step into those blue suede shoes of the King of Rock and Roll as our professional entertainers perform some of Elvis's greatest hits as well as those of some of his contemporaries.

Whether you are a longtime Elvis fan, or you only like a song or two, this cabaret will be a night to remember. Join us for a professional theatrical concert experience more terrific than you can imagine with Elvis and friends. You might even want to put on your blue suede shoes and dress up in your '50s and '60s finest to step back in time. Elvis **will be** in the building!

Transportation is on your own. Remember to go to **719 Wicker Lane in Jefferson City**, CCP's new home!! This is a show **ONLY—NO MEAL**.

NOTE: Our tables are reserved AND no one is allowed entrance before doors open, so no need to arrive early.

Time: 12:30 p.m. (Doors open)
1:00 p.m. (Show starts)

Escorts: Carol Bowdoin 706-338-5726
Lee Bunch 573-797-3271

Cost: \$35 due with registration





Turkey Creek Miniature Golf

Turkey Creek Golf Center/Capital Bluffs Event Center
Holts Summit
Wednesday, May 19

Looking for a fun, inexpensive outdoor activity this spring? Join fellow LIR members for an 18-hole miniature golf game at Turkey Creek Golf Center!

You pick the club that's just your size,
and a ball so bright it hurts your eyes.
Place it on that perfect spot
to give that ball a great big swat!
Swing once....a miss, swing twice...just air,
(we won't laugh)
the third time with a bit more care -
going, going, going, THWACK!
It hits the wall, and starts rolling back.
You won't be beat, don't need a club;
you'll just use your feet (NO NO)
to kick it in the hole.

At last, that ball drops in the hole!

Whether you are an amateur or competitive golfer, you are certain to have a fun, adventurous day. The driving range is also available to anyone interested.

The day will consist of golf, lunch at noon, and a tour of the Capital Bluffs Event Center. Space is limited to 20 morning players and 20 afternoon players with lunch for all players for socializing in between games at the Capital Bluffs Event Center.

The Golf and Event Centers are located at 1616 Oil Well Road in Holts Summit.

Morning Players: 10:00 a.m. -- 1:30 p.m.
Afternoon Players: 11:30 a.m. -- 2:30 p.m.

Escorts: Martha Kleindienst 573-353-7582
Kristin Eddy 571-217-9365

Cost: \$20 due with registration

St. Peter Catholic Church A History Interwoven with the City of Jefferson

Thursday, June 10/Friday, June 11

Join us for a visit to one of the oldest gems in Jefferson City's history -- our own St. Peter Catholic Church. St. Peter Catholic Church was founded less than a decade after the town by a group of nine families in what was then a forest wilderness.

In 1838, Fr. Ferdinand Helias, S.J., organized the local Catholics into a community and celebrated Mass in private homes until a site could be selected for a church. St. Peter Catholic Church became the 59th parish of the St. Louis archdiocese.

It has grown with the City of Jefferson, and its history is interwoven with the history of the city. It is impossible to separate the parish history from the history of Jefferson City and the city's role as the seat of state government.

St. Peter was placed on the National Register of Historic Places on June 18, 1976. The church is pure gothic. The clock tower, a city landmark, rises to a height of 170 feet.

We will tour the church and associated building(s) followed by refreshments in the Selinger Center. We hear ice cream may be involved!

A handicap ramp is available for entrance into the church and Selinger Center. The cost includes a donation to St. Peter Parish as well as refreshments. The tour is limited to 20 participants each day.

Start Time at St. Peter: 9:30 a.m.
Finish Time at St. Peter: 11:30 a.m.

Escorts: Julie Cook 573-230-4914
Lee Bunch 573-797-3271

Cost: \$5 due at event



Experience the Magic of Nature

Prairie Garden Trust
Callaway County
Thursday, June 17/Friday, June 18

The Prairie Garden Trust (PGT) is a gem of a place where you can enjoy the beauty of nature. You'll find a lush park area about 17 miles from Jefferson City with two paved trails, each approximately one-half mile in length, and a longer unpaved, but marked, trail with two benches at overlooks along the way to a creek. The paved trails lead to lotus ponds. At this time of the year, PGT will have many wildflowers blooming along with lots of butterflies and birds.

After driving yourself to this beautiful area in Callaway County, we will join a PGT board member for a guided walk on paved trails to learn about the history of PGT and the native flowers and plants that grow in abundance. After the guided walk, we will enjoy refreshments and conversation, or you may continue your exploration of the gardens. Bring your own chair for sitting under the shade trees.

Directions to the area will be sent with follow-up letters to those who register. Cost includes a donation to PGT as well as water and a packaged snack.

Start time at Prairie Garden Trust: 9:00 a.m.
Finish time at Prairie Garden Trust: 11:30 a.m.

Escorts: Wendy Hansen 573-645-2031
Cindy Stephens 573-280-0336

Cost: \$5 due at the event

"A Hand Up, Not a Hand Out"

River City Habitat for Humanity Tour
Monday, July 12/ Wednesday, July 14

Wouldn't it be great to live in a world where everyone has a decent place to live? That is the vision of River City Habitat for Humanity (RCHH) here in Jefferson City, where they seek to put God's love into action bringing people together to build homes, community, and hope.

We are offering you a great opportunity to learn more about this organization. You can choose one of two days in July (a Monday OR a Wednesday) with a maximum of 20 participants per day. First, everyone will drive themselves to RCHH's headquarters, at 1420 Creek Trail Drive, where we'll divide our group in half.

Ten of you will hear from one of the staff about the history, philosophy, and programs of Habitat, while the other ten participants can browse through the ReStore. (Yes, this is your chance to do a little shopping!) After a half-hour, we will switch groups.

Then everyone will drive to a worksite (determined at the time) so you can see one of the homes being built. One of Habitat's many volunteers will explain the construction process and walk you safely through the home.

Beginning in 1992, RCCH has built or renovated more than 116 quality, low-cost homes. To help fund the construction of these homes, Habitat runs two programs. One is the ReStore, which offers new and gently used items to the general public. (You name it; they probably have it!) While giving people access to affordable home goods, it also keeps tons of perfectly good items from ending up in a landfill.

Another program is Cans for Habitat. You will see receptacles placed around town for you to donate your empty aluminum cans. Started in 2003, the Can program had already raised enough money by 2010 to build a home on Montana Street, and a second "can" house is currently under construction! There is much, much more to learn and see—we hope you'll join us!

We will provide water and a packaged snack. Cost is only \$5, which includes a donation to RCHH as well as the water and snack. We are asking you **to pay for the event** on the day you attend.

Start time: 9:00 a.m.
Finish Time: Noon (approximately)

Escorts: Wendy Hansen 573-645-2031
John Gulick 573-690-1076

Cost: \$5 due at the event

Courses January through June 2021

MISCELLANEOUS COURSE INFORMATION

Registration forms are provided in the LIR newsletter or on the LIR website. Each course is \$12 unless otherwise noted. Most courses have four two-hour class sessions.

A few two-hour free courses are also offered, but registration is required for these as well, so that adequate seating is available and presenters know how many handouts or other course materials are needed.

Registration should be mailed to the LIR office.

- ◆ Location of courses varies, depending on the topic and class size. Specific locations for each class are named in this newsletter **or** will be announced in the notification letter you receive. Location changes will also be indicated in the notification letter. Cancellations and other changes can also be found on the LIR website: <https://lincolnu.edu/web/learning-in-retirement> on the Announcement tab and the Calendar tab.
- ◆ Your reminder notification will be **emailed** unless circumstances require USPS mailing.
- ◆ Please contact the course coordinator or LIR office if you cannot attend **any** session-Free or paid.

If you must cancel a course for which you have enrolled, the registration fee may be refunded if the LIR office (681-6152) receives notice one week prior to the start date of the first class. Refunds are processed after the course is completed.

After the deadline, should an emergency occur that prevents you from attending the course, the LIR office should be notified as soon as possible.

Refunds will be considered on a case-by-case basis by the curriculum chair and the office manager.

COVID-19 Adjustments for Courses

We want you to feel safe while attending our courses; therefore, the Learning in Retirement Board has decided that masks will be required at all LIR activities. We will monitor the temperature of each attending member, and some venues will also require a signed waiver.

We will also follow any social distancing guidelines that are in effect at the time of the course. Because of this, class sizes will be limited based on the guidelines of the venue.

Courses January through June 2021

PAID FOUR-WEEK COURSES

COOKING IN RETIREMENT

Time: 10:00 a.m. – 12:00 noon

Dates: Thursday, January 21, and
Wednesdays January 27, February 3 and 10

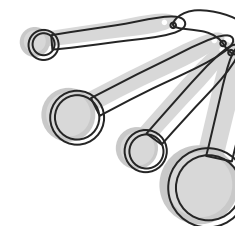
Place: TBA

Most of us LIKE to eat, and we all NEED to eat – but meal preparations can be quite a chore at times!

So far, in my lifetime, I've had 66,795+/- meal opportunities, and in 39,420+/- I have been responsible for preparing or figuring out what we will eat. Of course, I have my favorites and, fortunately, my family aren't picky eaters.

However, I frequently want to try different recipes, and as we age, our tastes can change as well. Sometimes, health issues and finances have an impact on meal options available to us.

Food and good nutrition – so much information is out there! What is good? What is bad? Can I afford to eat healthy? My doctor said I have food allergies; I need to lose weight; I need a special diet. What do I do?



Join us as we decipher some of the nutrition information and translate it in Good-for-you-Food! Each session will include live cooking and samples with Sarah Eber presenting virtually.

Thursday, January 21: Eating Well On a Budget
Wednesday, January 27: (Almost) Meatless Meals
Wednesday, February 3: Addressing Food Allergies and Special Dietary Needs
Wednesday, February 10: Cooking for Just One or Two

Class Size Limit of 25; Class Cost of \$20 per person

Virtual Presenter: Sarah Eber MPH, RD, LD.
CDE Human Nutrition & Health Program Coordinator, LU

Coordinators: Pamela Kormann, 680-0106
Karen Sander, 635-0931

THE CIVIL WAR IN MISSOURI Brother vs. Brother

Time: 10:00 a.m. -12:00 noon

Dates: Tuesdays, February 2, 9, 16, and 23
Place: TBA

Missouri was in a state of upheaval during the Civil War years, 1861 to 1865. The southern-leaning government of Claiborne Fox Jackson had been forced into exile, and Jefferson City, the capital city, was occupied by Union troops.

In this hotly contested state with both southern and northern sympathizers, Missouri saw the third largest number of battles and skirmishes in the country, pitting neighbor against neighbor.

This four part series will cover

- 1) the early years, 1861 and 1862, presented by Fulton author Joseph McCoskrie;
- 2) Guerilla warfare and the border wars; presented by James Irwin
- 3) The late years 1864-1865, including General Sterling Price's Missouri raid, another talk by Joseph McCoskrie; and
- 4) The Colored Infantry Army, presented by Michelle Brooks.

Class Size Limit of 45

Coordinators: Jenny Smith, 230-8245
Carol Ellinger 230-4006
Pamela Kormann 680-0106



Courses January through June 2021

BLACK HISTORY IN JEFFERSON CITY

Time: 10:00 a.m.-12:00 noon

Dates: Wednesdays, March 3, 10, 17 and 24

Place: TBA

Black History is not confined to the month of February. African-Americans have been a vital part of the development of America; therefore, every day is a day to speak of their many accomplishments.

Jefferson City is *rich* in the history of African-Americans who lived, laughed, worked, raised families, and made many contributions to the City of Jefferson.

You will not want to miss these presentations on the oldest black church in Jeff City, life and businesses in “the foot,” schooling, and activism, along with community activities of Jefferson City’s African-Americans.

Class Size Limit: 45

Coordinator: Mentha Bolton-Bakari, 414-736-4555
Co-coordinator: Jenny Smith, 573-230-8245

MOVIES: FURRY FRIENDS

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

Dates: Wednesdays, March 10, 17, 24, and 31

Place: MRRL, 214 Adams Street 2nd floor

March 10: *National Velvet* An equine-loving 12-year-old, Velvet Brown, becomes the owner of a rambunctious horse that she decides to train for England's Grand National race. Aided by former jockey Mi Taylor and encouraged by her family, the determined Velvet gets her steed ready for the big day. However, a last-minute problem arises with the jockey and an unexpected rider must step in as a replacement.

March 17: *My Dog Skip* When a shy boy is unable to make friends in Yazoo City, Mississippi, in 1942, his parents give him a terrier puppy for his ninth birthday. The dog, which he names Skip, becomes well known and loved throughout the community and enriches the life of the boy, Willie, as he grows into manhood.



March 24: *Sounder* As a boy's family faces the daily struggles of Depression-era sharecroppers, a loyal coonhound named Sounder becomes their only real friend. Food is scarce, and nightly hunting trips offer little relief. In an act of desperation, Father steals to feed his hungry family. When Father is convicted, it triggers Boy's courageous journey to find him in the labor camps.

March 31: *Marley & Me* After their wedding, newspaper writers John and Jennifer Grogan move to Florida. To stall Jennifer's "biological clock", John gives her a puppy. Marley's antics give John rich material for his newspaper column. As the Grogans mature and have children of their own, Marley continues to test everyone's patience by acting like the world's most impulsive dog.

Class Size Limit: 25

Coordinators: Karen Sander, 635-0931
Lai Lin Wilson, 690-7874

SOUNDS of SOUL (A Celebration of Black Music Month)

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

Date: Wednesdays, June 9, 16, 23, and 30

Place: TBA

June 7, 1979, President Jimmy Carter declared June “*Black Music Month*.” The month has been celebrated over the years on a “low key” level in various areas in the United States.

Join us in the recognition of this celebration as community advocate, Ms. Mentha and local talent highlight the journey of “Black Music” to our present day enjoyment of the musical genres. We will share the history of the celebration, Motown hits, songs throughout decades of social influences as well as the artists’ biographies.

You can’t miss this fun-filled series, couched in a “talk show” format, integrated with virtual performances via “Zoom.”

Presenter: Ms. Mentha Bolton-Bakari and local talent

Class Size Limit: 45

Coordinators: Mentha Bolton-Bakari, 414-736-4555
Jenny Smith, 230-8245
Scott Sellner, 635-6980 or 291-5226

Courses January through June 2021

Help Needed!

The Curriculum Committee is in need of a new Chairperson as of January 1, 2021. Please call Scott Sellner (573-635-6980 or 573-291-5226) for more information or to volunteer for this position.



FREE COURSES

A GLIMPSE INTO THE SEVEN CONTINENTS OF THE WORLD

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

Date: Thursday, February 4

Place: TBA

Since 1984, our presenter has been in charge of organizing the Central Bank Classic tours and has traveled around the world many times. She will tell stories and show pictures of some of the people, places, and strange foods she has experienced in her around-the-world travels.

This presentation will give participants an opportunity to explore the whole wide world. It may also inspire some participants to actually visit some of the places discussed.

Presenter: Lois Bax, Vice-President Central Bank

Class Size Limit: 45

Coordinators: Chris Straub, 636-7195
Eunice Straub, 636-7195



Courses January through June 2021



STRESS MANAGEMENT TECHNIQUES

Time: 1:30 p.m.-3:30 p.m.
Date: Thursday, February 11
Place: TBA

Stress can often be good for us as long as it is the right kind of stress in the right amounts at the right times. Too much stress and/or the wrong kind of stress can wreak havoc by releasing high amounts of chemicals, such as adrenaline and cortisol, into our bodies, which can affect our immune function, insulin levels, thyroid, and brain health. Elevated cortisol levels have been shown in several studies to increase the risk of developing Alzheimer's disease.

One of the simplest and quickest ways to unwind and lower stress is through use of focused breathing exercises. We will discuss and practice several different breathing techniques as well as other means of destressing.

Presenter: Luke Lamb, Director of Sports and Performance-YMCA

Class Size Limit: 45

Coordinators: Bill Gerling, 573-220-4319
Becky Buchholz, 573-690-6579

POTPOURRI OF MISSOURI HISTORY Missouri becomes a state

Celebrating the Bicentennial of Missouri (2021) with a little of this and a little of that.

Time: 1:30 p.m.-3:30 p.m.
Dates: Tuesday, March 16
Place: TBA

Celebrating Missouri's Bicentennial (200 years), we will first explore Missouri's path to statehood with Lincoln

(Continued in next column)

University Professor of History, Thomas Gubbels, who had in the past explored "Roads, Rivers, and Rails" with us.

He will be followed at 2:30 by Sean Rost, Oral Historian with the Historical Society of Missouri, who will share with us his research on Libbe C. Anthony, a Jefferson City woman suffragette and civil rights activist of the late 19th and early 20th centuries. He previously shared his research on the Ku Klux Klan and Prohibition with us.

Presenters: Thomas Gubbels, LU Professor of History
Sean Rost, Oral Historian, History Society of Missouri

Class Size Limit: 45

Coordinators: Becky Buchholz, 690-6579
Carol Ellinger, 230-4006



THE MISSOURI COURT SYSTEM (SUPREME COURT 101)

Time: 1:30 p.m.-3:30p.m.
Date: Monday, April 19
Place: TBA

Judge Mary Russell will give an overview of the court system in Missouri, including how judges get their jobs, how judges decide cases, and what type of cases make it to the Missouri Supreme Court for review.

Finally, the audience will interact with Judge Russell in deciding cases that have been previously resolved by the court.

Questions are welcome!

Presenter: Supreme Court Justice Judge Mary Russell

Class Size Limit: 45

Coordinators: Chris Straub, 573-636-7195
Bill Gerling, 573-220-4319

Courses January through June 2021

A BRIEF HISTORY OF VIRUSES

Time: 10:00a.m.-12:00 noon
Date: Wednesday, April 21
Place: TBD

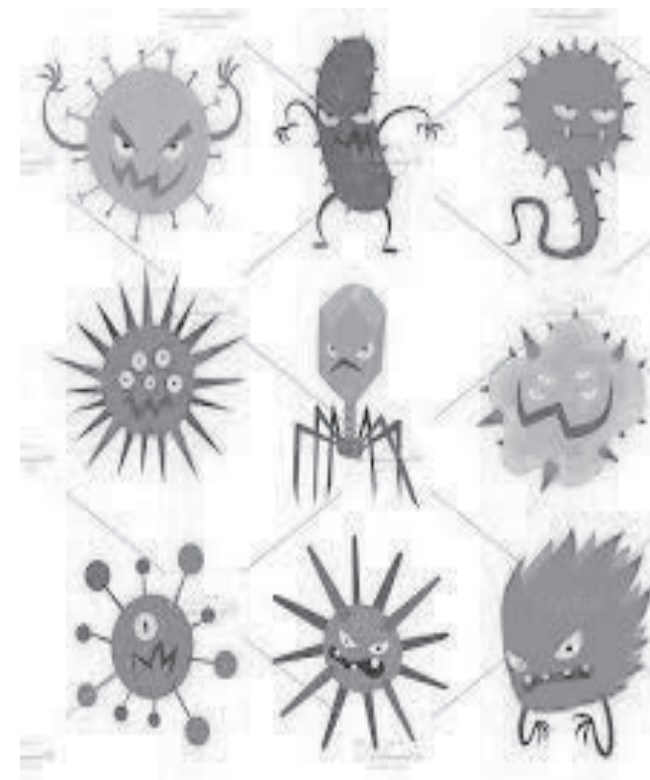
Cindy Stephens, former nursing professor, will present an interesting presentation on viruses. Learn interesting facts from A (Adenovirus) to Z (Zika virus) including the history of how humans have been tormented by these pesky bits of protein through the ages.

This presentation will start with prehistoric times, move to the invention of the Electron microscope, and finally, to a discussion of vaccines and treatments for virus illnesses of today.

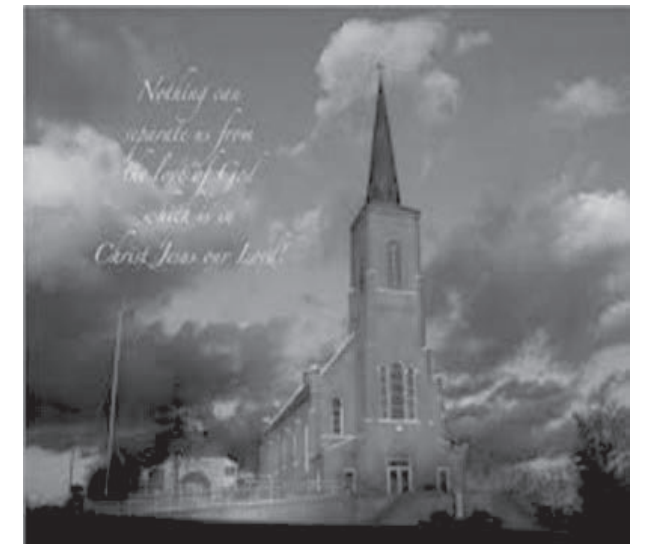
Presenter: Cindy Stephens

Class Size Limit: 45

Coordinators: Becky Buchholz, 690-6579
Scott Sellner, 635-6980 or 291-5226



Those Nasty Viruses!



POTPOURRI OF COLE COUNTY/ MISSOURI HISTORY Second Edition

This class is rescheduled from September, 2020, but you must re-register.

Time: 1:30 p.m.-3:30 p.m.
Date: Wednesday, April 28
Place: St Francis Xavier Catholic Church-Taos

Anna Knaebel will welcome us to St. Francis Xavier Parish, Taos.

This class is the history and story of Father Helias. You will hear a brief history of St. Francis church, which displays famous paintings donated by the Countess of Lens, mother of the saintly priest.

The small memorial chapel and tomb of Father Helias is also at the entrance of the church. A museum holding memorabilia of Father Helias, priests, and other people of interest in the area is located in the church basement.

Class Size Limit: 45

Coordinators: Becky Buchholz, 690-6579
Carol Ellinger, 230-4006

Courses January through June 2021



CENTER FOR SOY INNOVATION (Tour and Presentation)

Time: 10:00a.m. – 12:00 noon
Date: Tuesday, May 4
Place: Center for Soy Innovation, 734 S. Country Club Drive,
Jefferson City, MO 65109

The Center for Soy Innovation strives to connect developments in soybean innovation with farmers, industry partners, and communities. It stands to tell the story of farmers' investments in sustainability and efficiency and embodies the Missouri Soybean Merchandising Council's efforts to drive research and education for all things soy.

Join us for a tour of the Center for Soy Innovation and discover the many uses of the soybean and how agriculture is connected to your daily life.

Presenter: Baylee Siegel

Class Size Limit: 45

Coordinators: Becky Buchholz, 690-6579
Chris Straub, 230-6707



HISPANIC AWARENESS (Introduction to Hispanic Culture)

Time: 10:00 am.-12:00 noon
Date: Tuesday, May 11
Place: Diocese of Jefferson City, 2207 West Main Street, Jefferson City, MO 65109

Come and enjoy a cultural experience as we learn about a newly emerging population in Jefferson City.

Deacon Enrique Castro will share statistical information about Hispanic people. Then we will embark on a journey of paradigm shifting as we hear of myths and misconceptions involving a people rooted in spiritual richness.



This journey promises to give us a glimpse of the culture, values, and decision-making processes of Hispanic people.

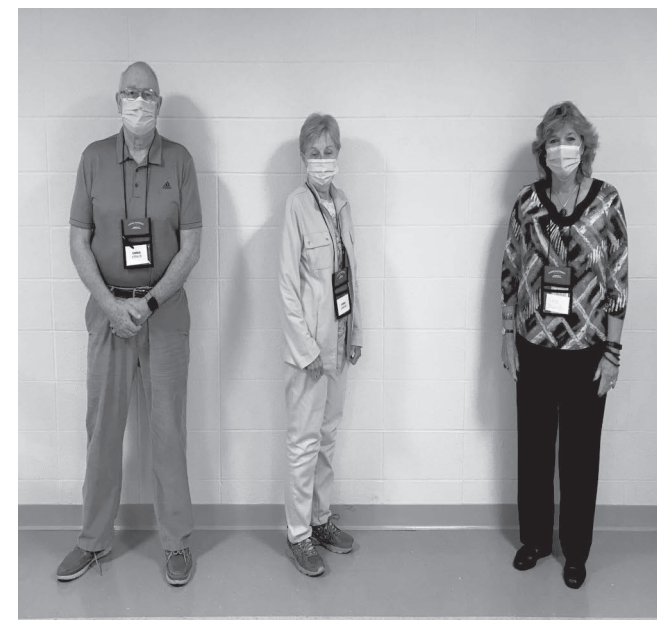
You won't want miss this valuable experience!

Presenter: Deacon Enrique Castro

Class Size Limit: 45

Coordinators: Mentha Bolton-Bakari, 414-736-4555
Scott Sellner, 291-5226

CLUB NEWS



Left to right: Chris Straub, Linda Lanning, and Lela Bunch wore masks and social distanced after the Learning in Retirement Board meeting.

These new board members attended their first board meeting in November and then participated in a brief orientation with President Steve Buchholz. Their duties begin in January.

Most LIR clubs are not active at this time. Because of social distancing constraints, only the Walking/Hiking and Book Clubs are meeting. All other clubs are on hiatus for the time being.

Each club facilitator has been canvassed, and most do not feel comfortable holding their club meetings. The Clubs Coordinator, Barb Barnard, will be canvassing those facilitators again around the beginning of 2021 to see which clubs might be reopened. Obviously, the status of COVID-19 numbers in the community will weigh on any decisions made.

We are asking that all club participants be patient. When a club is reopened, you will be contacted. Also, an announcement will be posted on the LIR website.

If any LIR member has questions about the clubs, please feel free to contact Barb Barnard at 573-896-9485 or sunfairebarb@gmail.com.

Barb Barnard, Clubs Coordinator



LIR BOOK CLUB CONTINUES TO MEET

The Learning in Retirement Book Club has continued to meet during the pandemic by gathering in local city parks, here at Riverside/Ellis Porter Park, and at venues large enough to allow for social distancing.

Books chosen for the next couple months include *Deacon King Kong* by James McBride for January and *Maggie Murders* by Anthony Horowitz for February. Join us for that social interaction we've all missed and a lively and stimulating discussion of the books we are reading.

Barb Maxwell,
Book Club Facilitator

CLUBS

Bocce Ball: Mondays, Sept-Nov & April-June; 9:00 a.m.

Facilitator: Barb Wolkoff 636-3088 or

bnbwolkoff@mediacommbb.net

Location: Prison Brews, Ash St.

Book Club: 4th Monday, 1:30-3 p.m.

Facilitator: Barb Maxwell 619-5921 or

barbmax44@yahoo.com

Location: LIR Classroom 8

Caller: Theresa Sullivan 635-6404

Bridge Club I: 2nd Monday, 1 p.m.

Facilitator: Helen Wilken 635-0584 or

hwilken01@gmail.com

Location: LIR Classroom 8

Bridge Club II: 1st Monday, 1 p.m.

Facilitator: Sue Goedde 619-4376 or

joe.suegoedde@gmail.com

Location: LIR Classroom 8

Canasta: 2nd Tuesday, 10 a.m.–Noon

Facilitator: Barb Barnard 896-9485 or

sunfairebarb@gmail.com

Location: LIR Classroom 8

Dominoes: 1st & 3rd Monday, 10 a.m.–Noon

Facilitator: Sue Alberti 635-2436 or

dsalberti58@gmail.com

Location: LIR Classroom 8

Jammers: 1st & 3rd Monday, 10:30 a.m.–Noon

Facilitators: Barb Odneal 634-2306 or

tabar@mediacommbb.net & Jenny Smith 230-8245 or

[tpssmithster@centurylink.net](mailto:tpsmithster@centurylink.net)

Location: St. Joseph Chapel

Pinochle: 2nd & 4th Wednesday, 10 a.m.

Facilitator: Janet Struempfler 619-3803

Location: LIR Classroom 8

Pitch: 1st and 3rd Wednesdays, 1-3 p.m.

Facilitator: Denise Kliethermes 395-4662 or

kliethermes@embarqmail.com

Location: LIR Classroom 8

Scrabble: 3rd Monday, 1-3 p.m.

Facilitator: Theresa Sullivan 635-6404 or

sullitherm@embarqmail.com

Location: LIR Classroom 8

Sketchers: 4th Tuesday, 10 a.m.

Facilitator: Rita Schaefer 690-0922 or

schaebc5@gmail.com

Location: LIR Classroom 8

Thread Heads: 1st Wednesday, 9:30-11:30 a.m.

Facilitator: Julie Cook 634-2665 or

julieret@yahoo.com

Location: LIR Classroom 8

Walking/Hiking: Thursdays, 8:30 a.m. Summer,
9:30 a.m. Winter

Facilitators: John & Ellen Richardson 893-4909 or

johnellen@mchsi.com

Location: Varies

Writers: 2nd Thursday, 10 a.m.–Noon

Facilitator: Barb Maxwell 619-5921 or

barbmax44@yahoo.com

Location: LIR Classroom 8

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, Dominoes, Bocce Ball, Music, Scrabble, Canasta, Pinochle,
Hiking/Walking & more

GATHERINGS.....Membership Meetings twice annually, Holiday Social

COMMUNICATION.....Semi-annual newsletter, LIR website, periodic emails,
Spring & Fall Newsletter Updates

LIBRARY ACCESS.....Access to library cards for L.U.'s Page Library

PARKING.....Tag required for L.U. campus

CONTACT INFO.....573-681-6152, or www.lincolnu.edu/web/learning-in-retirement

EMAIL.....lirlearning@outlook.com

OFFICE HOURS:10 a.m. - 1 p.m., Mon. - Thurs.

OFFICE LOCATION.....903 Lafayette Street, Soldiers Hall - Rm. 7, (lower level) L.U. campus

MAILING ADDRESS.....Learning in Retirement, Inc., PO Box 105166, Jefferson City, MO 65110