



Promoting vitality in later life

Summer '25

Money Matters

Membership Fees Increase on July 1, 2025

Silver Membership Fee Increases to \$50 (Presentations Increase to \$7)

Gold Membership Fee Increases to \$150 (Presentations are included)

Our organization has had to make the difficult decision to raise fees for the first time since 2019. This increase has been forced on us by financial reality. For the past few years, we have avoided a deficit by using funds in our Foundation Reserves, which have grown significantly with legacy donations. We have made several cuts in expenditures in the FY2026 budget, but those are not enough. Although MSU is our fiscal agent and provides us with an office and media resources, **we are not financially supported by MSU.**

We must have an office manager who can do the varied and demanding tasks of our organization. To attract a qualified candidate, the office manager position was increased to half time. As an affiliate of MSU, we must follow the contract between MSU and the office manager's union. For the fiscal year 2026, the 30% increase in budget expenditures in salary and benefits reflects the requirements of the contract for a half-time position.

If the membership fees had not been increased and budget cuts had not been made, the **Foundation Reserves would have been exhausted in two years. With these cuts and fee increases, the Reserves should last six years.** That will give us time to stabilize our finances with member input. What cost \$35 in 2019 now costs \$44, so in real dollars the fee increase is not as large as it appears. With your support, we hope to remain a viable organization serving older adults in the Mankato Area for many more years.

Welcome
New Members

Elizabeth Petersen
Daniel Beighley
Deborah Beighley
Robyn Borseth

Carol Krosch
Scott Allen
Annette Allen
Linda Maas

Roberta Klar
Steve Klar
Ramona Laborde
Rae Peterson

Minnesota State University
MANKATO

Free Activities for All Members of Lifelong Learners



First Fridays Movie & Conversation

A monthly movie and conversation will be hosted on **First Friday** afternoons at **1:00 p.m.** at Pathstone Latitude, 115 Rogers Street, Mankato.

Upcoming movies:

July 11: 1917 (2019, World War 1 epic drama) (**moved to accommodate 4th of July**)

August 1: A Fish Called Wanda (1988, British comedy)

September 5: Living (2022, British drama)

For information on each film, enter the name of the movie in the search bar at [imdb.com](https://www.imdb.com) and find a trailer, director and cast list, run time and more. Trailers are also on YouTube. Organizers Ron Yezzi and Steve Gilbert select the movies and facilitate conversation afterwards. No need to pre-register but signing in to validate membership is required. See you there!



Sip & Chat will meet this Summer on Thursday, July 24th, and again on Tuesday, August 19th. On Thursday, July 24th, we will meet at 2:00 pm at the North Mankato Library.

You are invited to join us as we meet in the conference room at the library to enjoy fresh brewed coffee or tea for \$1.00 per cup.

On August 19th, we will meet at 2:00 pm at the Diamond Dust Bakery and Coffee Shop at 320 Sunrise Drive, St. Peter. Please bring a friend to join us in sharing each other's company in a special room while enjoying a wonderful beverage and the tasty bakery treats.

Card Groups



Our **Bridge** group meets on the third Monday of each month at 1 p.m. at the WOW! Zone. Our **500** Group meets on the second Tuesday of each month at 11:30 at the Mankato Golf Club. Contact the office if you'd like to participate in either group.

Enjoy one or both of our Book Clubs



Book Marks Book Club reads fiction and meets monthly on fourth Wednesdays from 1 -3 pm in the conference room at the Blue Earth County Library, [100 E Main St, Mankato](#). Books are chosen monthly.

History & Science Book Club reads non-fiction and meets from 2 -4 pm, quarterly on second Thursdays at the North Mankato Police Annex, 1001 Belgrade Ave, North Mankato.

Sep 11: [Inheritance: The Evolutionary Origins of the Modern World](#) by Harvey Whitehouse

Dec 11: [The Wager: A Tale of Shipwreck, Mutiny and Murder](#) by David Grann

Coffee & Current Events



Coffee & Current Events meets via Zoom on the fourth Friday morning of each month from 10:00 to 11:30 a.m. For the summer:

July 25

August 22

September 26

This monthly discussion group, hosted by Steve Gilbert and Georgia Holmes, is a welcoming place for members to come together for informal conversations about current affairs where we help one another try to make sense of the headlines and newscasts. There is no fee or required preparation and no commitment to attend every month. New members are welcome!

To sign-up and receive the Zoom link for the next meeting, simply send an email to coffeeandcurrentevents@gmail.com.

Want to see a new social activity or have an idea for a presentation?

Please contact the office at: Email LifelongLearners@mnsu.edu or call (507)389-2011



SUMMER QUARTER 2025 PRESENTATIONS

Presentations \$7 each for **Silver** members
Registration prior to attendance requested.

Non-member fee: \$10 each session
Gold members: Please **register** via email or phone.

#1: **Tuesday, July 8th, 2 - 4 p.m. – Dark Tourism**

A university professor shares her research about how various cities around the world deal with their dark pasts – or avoid them. She discusses how different sites deal with terrible things that have happened, from disasters to murders.

Presenter: Beth Heidelberg, PhD - Dr. Heidelberg is an urban studies professor at MSU Mankato who is an historic preservation specialist. She is said to have merged her academic studies with her "penchant for the heebie-jeebies."

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Sponsor: Anne Fletcher

#2: **Friday, July 18th, 2 - 4 p.m. — Modern Agriculture: How are things growing out there?**

Blue Earth County Commissioner Kevin Paap will discuss modern farming practices in the South Central Minnesota area. He will compare these practices to those in the past and will discuss current struggles and advantages in agriculture today.

Presenter: Kevin Paap - Mr. Paap is a 4th generation farmer in Blue Earth County. Currently he is Commissioner for the 4th district of Blue Earth County since 2021 and previously had been the president of the MN Farm Bureau for 16 years.

Location: Messiah Lutheran Church, 1706 Lee Blvd., North Mankato

Sponsor: Greg Suskovic

#3: **Tuesday, July 22nd, 2 - 4 p.m. —Sex after 60, 70, 80...Older and Wiser - ZOOM Meeting**

It's time to talk openly about intimacy and sexuality as we get older. Jessi Rowe will discuss issues facing those of us who are single, in new relationships, and in longstanding relationships. She will also address the unique challenges when dementia is present. This is a frank, open, and empowering presentation. Questions and comments will be handled anonymously.

Presenter: Jessi Rowe, MSW, LCSW-C – Jessi has more than 40 years of experience working with older adults and their families in private care management, psychotherapy, social services, and hospice.

Location: This is a FREE ZOOM presentation

Sponsor: Anne Fletcher

#4: Tuesday, August 5th, 2 - 4 p.m.— Habitat for Humanity Aging in Place Program

Jody Bloemke will speak about the local programs available to enable seniors to continue to live in their own homes.

Presenter: Jody Bloemke - Jody Bloemke is the Aging in Place Coordinator of South Central MN Habitat for Humanity.

Location: Messiah Lutheran Church, 1706 Lee Blvd., North Mankato

Sponsor: Greg Suskovic

#5: Thursday, August 14th, 2 - 4 p.m. — Uncomplicate Your Plate

Hy-Vee registered dietitian, April Graff, shares highlights of her new book, *Uncomplicate Your Plate: A Busy Family's Guide to Meal Planning*, simplifying nutrition and breaking down complicated concepts into easily understood bits. April's practical guidance in meal planning teaches you how to use your time and preferences to create a plan that works for you. Her approach is especially helpful for older adults looking to support their families or maintain their own health with balanced, manageable meal plans that fit into any lifestyle. The book will be available for purchase following the presentation.

Presenter: April Graff, MS, RD, LD – April has dedicated 17 years to helping families make informed food choices as a supermarket dietitian. With her hands-on experience, a master's degree, and credentials as a registered dietitian, she brings a credible and practical approach to nutrition and meal planning. As a mother of three active school-aged children and the wife of an ultramarathoner, April understands the importance of a balanced diet and the challenges of maintaining one amidst a busy lifestyle.

Location: Pathstone Latitude, 115 Rogers St., Mankato

Sponsor: Greg Suskovic

#6: Thursday, August 21st, 2 - 4 p.m. — Extra - Read all about it! Keeping newspapers viable in outstate...

Steve Jameson has been the publisher of the Mankato Free Press for nearly 10 years. He's been in the newspaper business for more than 25 years, working for newspapers in California, Iowa, Virginia and Minnesota. Steve grew up in Blaine, Minnesota and served for four years in the Air Force right out of high school. After his service he received his English degree from the University of Minnesota. He added a Master of Business Administration degree in 2013. Steve's wife Susan is the Administrative Assistant for the President of South Central College. Steve and Sue have two adult daughters that live on their own, one is St. Paul and the other in Grand Mound, Iowa.

Presenter: Steve Jameson

Location: Messiah Lutheran Church, 1706 Lee Blvd., North Mankato

Sponsor: Greg Suskovic



#7: Thursday, August 28th, 2 - 4 p.m. - Minnesota Disaster Planning

Personnel from the MN Department of Public Safety Homeland Security and Emergency Management will discuss plans to respond to emergencies and disasters here in Minnesota. Planning can reduce “fear, anxiety, and losses”.

Presenter: Michael Peterson is the Homeland Security and Emergency Management Program Coordinator for Southeast MN Region 1. He will discuss plans to respond to emergencies and disasters here in Southeastern Minnesota specifically and the State in general.

Location: TBD

Sponsor: Greg Suskovic

#8: Friday, September 12th, 2 - 4 p.m. — Living to 100 – Whether You Want to Or Not

Award-winning journalist and author [William J. Kole](#) will examine ways in which society is changing as many more of us reach triple-digit ages. How is this tectonic demographic shift changing society? What will it be like to live into our 100s in a world that still values youth over advanced age? And is there anything we can do today to ensure our extra tomorrows are worth living? Kole answers these pressing questions and others as he shares insights from his critically acclaimed book.

Presenter: William J. Kole, author of [The Big 100: The New World of Super-Aging](#), recently retired as New England editor for the Associated Press but continues to work as an editor for Axios. He is an acclaimed former foreign correspondent who has reported from North America, Europe, Africa, and the Middle East. Kole was a 2022 fellow in aging journalism at Columbia University in New York and at the National Press Foundation in Washington, D.C.

Location: *This is a FREE ZOOM Presentation*

Sponsor: Anne Fletcher

#9: Tuesday, September 23rd, 2 - 4 p.m. — Angels or Demons: The blurred lines of women who are offenders

When innocent people are harmed by women's crimes, it is easy to view women as demons with malicious intentions, however, many women who participate in crimes feel fear, hopelessness, and confusion. Their crimes are not committed with malicious intent, but through their compliance with the demands of potentially violent partners, but that does not make them angels either. We will walk through three different case studies to examine the complexities of women offenders: human trafficking, narcotics trafficking, and terrorism.

Presenter: Pat Nelson, Ph.D., Professor and Department Chair, MSU Policing Studies Department
Pat joined the Minneapolis Police Department in September 1997 and served as a patrol officer in the 4th precinct, along with a SWAT Crisis Negotiator and an academy instructor until she was promoted to Sergeant in 2011. After the promotion, she served as a patrol sergeant in the 1st precinct, and an investigator in property crimes, Robbery, Sex Crimes, and Crimes Against Children until she was medically retired in 2013, after being hit by a drunk driver while on duty. Pat joined the Minnesota State University, Mankato Law Enforcement program in 2012 and is currently a tenured, full professor serving as the Department Chair for the Department of Criminal Justice and the Program Director for the Policing Studies Program, which is the largest 4-year Professional Peace Officer Education Program in the State of Minnesota. She teaches in areas such as Communication, Terrorism, Gangs, Mass Shootings, Political Violence, Criminal Law and Procedure, Women and Crime, Victimology, and Leadership. She has also served on the MN POST Board Advisory Rule Making Committee.

Location: Pathstone Latitude, 115 Rogers St, Mankato

Sponsor: Steve Gilbert

#10: Tuesday, September 30th, 2 -4 p.m. – Famous Trials: Weaponizing the Criminal Justice System Against Martin Luther King, Jr.

On December 1, 1955, Rosa Parks refused to give up her seat on a Montgomery City bus to a white person. Parks arrest and prosecution led to the years-long Montgomery Bus Boycott. A young preacher, Martin Luther King Jr. headed the Montgomery Improvement Association which organized the boycott. By February the boycott was having a financial impact on the city. To blunt the boycott's effect, the city indicted Martin Luther King Jr. and 88 others for interfering in the lawful operation of business. Represented by Fred Gray and a team of Montgomery attorneys, King contested his prosecution.

Governor John Patterson, a vocal segregationist, angry at the outcome of the boycott, had King investigated for income tax evasion. In 1960, the state of Alabama tried Martin Luther King, Jr. for income tax evasion. This little known but spiteful prosecution's purpose was to bring down the civil rights leader.

Presenter: James Fleming – James practiced law in Minnesota for 35 years before his recent retirement, 22 of those years as a public defender. He served as the chief public defender for the 15 counties of the Fifth Judicial District in southwest Minnesota, based in Mankato, and later for the Second Judicial District (Ramsey County).

Location: Pioneer Bank, 1450 Adams St., Mankato

Sponsor: Larry Nicol

Great Decisions 2025 Continues:



July 9- Richard Lietch: U.S. Changing Leadership of the World Economy
(*Bethlehem Lutheran Church-Please Note the Different Location*)

Aug. 13- Duncan McCampbell: U.S./ China Relations (*Pioneer Bank*)

Sept. 10- Ren Bin Lee Dixon: A.I. and American National Security (*Pioneer Bank*)

Meetings are from 2-4 pm. This event requires an additional fee for all members.

Save the Dates for Upcoming Community Events:

Vine's 55+ Expo -Tuesday, September 16, 2025

<https://vinevolunteers.org/expo/>

Nobel Conference 61 – October 7 & 8, 2025

<https://gustavus.edu/events/nobelconference/2025/Schedule.php>

Mankato Community Ed Adult Trips- August 25 & September 17, 2025

<https://mankato.ce.eleyo.com>

2025 SUMMER REGISTRATIONS & MEMBERSHIP FORM

Silver Membership: \$50/year - Presentations \$7 each
Gold Membership: \$150/year - Presentations included

Registration prior to attendance requested.
Non-member: Presentation \$10

☐ **New Member** | ☐ **Renewal** | ☐ **New Info**

☐ **\$50** Silver Membership — Member 1

☐ **\$150** Gold Membership — Member 1

Name: _____

Email: _____

Address: _____

City/State/Zip: _____

Phone: _____ Birth Year _____

☐ **New Member** | ☐ **Renewal** | ☐ **New Info**

☐ **\$50** Silver Membership — Member 2

☐ **\$150** Gold Membership — Member 2

Name: _____

Email: _____

Phone: _____ Birth Year _____

Annual Membership Fee (s) _____

MBR 1	MBR 2	PRESENTATIONS - \$7 each
<input type="checkbox"/> 1:	<input type="checkbox"/> 1:	Tuesday, July 8th, 2 - 4 pm – Dark Tourism
<input type="checkbox"/> 2:	<input type="checkbox"/> 2:	Friday, July 18th, 2 - 4 pm - Modern Agriculture: How are things growing out there?
<input type="checkbox"/> 3:*	<input type="checkbox"/> 3:*	Tuesday, July 22nd, 2 – 4 pm - Sex after 60, 70, 80...Older and Wiser – FREE ZOOM Meeting
<input type="checkbox"/> 4:	<input type="checkbox"/> 4:	Tuesday, August 5th, 2 – 4 pm — Habitat for Humanity Aging in Place Program
<input type="checkbox"/> 5:	<input type="checkbox"/> 5:	Thursday, August 14th, 2 – 4 pm — Uncomplicate Your Plate
<input type="checkbox"/> 6:	<input type="checkbox"/> 6:	Thursday, August 21st, 2 - 4 pm — Extra! Read All About It! Keeping Newspapers Viable in Outstate MN
<input type="checkbox"/> 7:	<input type="checkbox"/> 7:	Thursday, August 28th, 2 - 4 pm — Minnesota Disaster Planning
<input type="checkbox"/> 8:*	<input type="checkbox"/> 8:*	Friday, September 12th, 2 – 4 pm — Living to 100 – Whether you Want to or Not – FREE ZOOM Meeting
<input type="checkbox"/> 9:	<input type="checkbox"/> 9:	Tuesday, September 23rd, 2 – 4 pm — Women, Crime & Justice
<input type="checkbox"/> 10:	<input type="checkbox"/> 10:	Tuesday, September 30th, 2 – 4 pm - Famous Trials: Weaponizing the Criminal Justice System Against Martin Luther King Jr.

_____ **Total Presentation Registrations**

_____ **Total Presentation Fees**

*Please note: #3 & #8 are FREE ZOOM Meetings

Grand Total all Fees _____

Submit Registration form and payment to:

Mankato Area Lifelong Learners
129 Morris Hall,
Mankato, MN 56001

-OR-

For On-line Registration, go to:

[Register for Presentations Here](#)

What's New to Lifelong Learners This Summer?

Communication and Publicity

1. The Quarterly Newsletter-

The quarterly newsletter is now exclusively available on the Website and through members' e-mails. If you or another member you know cannot access the newsletter, please contact Colleen at the office.

2. Free Publicity-

Thank you to Colleen, Barbara, Anita, Georgia, Harriet, Greg, and Sarah for recent publicity in the *Star Tribune*, *The Free Press*, and *KEYC Kato Living*. We appreciate your time and efforts.

3. New Postcard Flyer-

Steve has created a new publicity postcard which will be printed soon and will be available to members to help recruit new members to Lifelong Learners.



Just for Fun with Friends

Come and enjoy some special times with other LLL members.

The Membership Committee recognizes the need for more member opportunities to socialize. We also realize that there is a need for local low cost or no cost special events for older adults. Some options are provided by other local organizations like VINE, St. Peter Community Center, and Mankato Community Ed. Lifelong Learners will now offer its members free monthly, local special events, beginning this August.

August-Tour of the Children's Museum of Southern Minnesota



Come see one of the favorite attractions in Mankato for younger children. Take a tour of the exhibits inside the museum. Speak with Pam W. and the other sewing volunteers who stitch many of the items for child play. Enjoy the outdoor exhibits especially the newly expanded butterfly house which includes the butterflies, a chrysalis corner, and the caterpillar nursery. Come explore the prairie gardens as the monarchs begin their migration journey. Terry S. and Jim R. will guide the garden tour and share some of their photography of pollinators and prairie flowers in these gardens. This event is still in the planning stage. (Date-TBD)

Free for all members. Pre-registration will be required.

September 6, 2025 -Mankato Symphony on the Prairie, Benson Park



This is a free annual event sponsored by the City of North Mankato.

Enjoy the symphony in the company of your Lifelong Learner friends in the beautiful prairie setting of Benson Park. **Come early to get a closer parking spot and to visit with friends and walk the prairie. Please bring your own chair. The concert is on the north side of the park in North Mankato (off Timm Road).** Food and beverages are available for purchase at the event. The concert begins at 6 pm.

Coming in October- A Tour of Old Town (more information in the next newsletter)

What's Coming to Lifelong Learners this Fall?

New Activity- "Clicking Needles" starts in September.

We are pleased to offer a new, free, and fun social group for Lifelong Learners' members **"Clicking Needles"**, hosted by Harriet Plotz. You are invited to join this group and work on your current/past needle craft projects while enjoying coffee and conversations with other members. **We will meet at the North Mankato Taylor Library on Fridays, 10:00- 11:30 am starting September 19, and continuing October 17 and November 14.**



You might enjoy doing some knitting, crocheting, needlepoint, embroidery, darning, sewing, quilt squares, rug hooking etc. Many of these crafts use needles in some form. Depending upon the interests of the group, we can also have demonstrations, or local guests could teach us some new skills.

Beans coffee/tea are available for \$1.00 per cup. You may bring your own snacks. Register by calling the Lifelong Learner's office (507-389-2011) or email: lifelonglearners@mnsu.edu.

The Mankato Area Lifelong Learners Annual Holiday Luncheon

The annual holiday luncheon will be held again this year in early December. A date will be set soon, so watch your e-mails for a save-the-date.

Share What You Love: Books, Movies, and Conversation!



The **Presentations Committee is planning a lively and engaging event** on September 16, 2-4 p.m., where Lifelong Learners can come together to share a favorite book or movie with fellow members. Each participant will have a few minutes to talk about a book, film or tv show they love — what it's about, why it resonated with them, and why they recommend it. After each short presentation, there will be time for questions, discussion, and informal conversation. It's a great chance to connect with others, discover new titles to read or watch, and enjoy the rich variety of interests in our group. (Location: to be determined)

To make this event a success, we're looking for at least ten volunteers to share something they love. If you're interested, please contact Steve Gilbert at sgilbertphd@gmail.com. This is a free event for members.

Let's make it fun, inspiring, and full of great stories — yours included!

New Great Course- The Tudors – and Why They Still Matter

Instructor: Steve Gilbert

Day and Time: Tuesdays 2:00 - 4:00 pm from October 14 - Jan 27 (no meetings on Nov 25 or Dec 23)

Number of Sessions: 14. Note: It's okay if you must miss some sessions.

Cost: Free for Gold members; \$30 for Silver members.

Location: Pathstone Latitude, 115 Rogers Street, Mankato

Summary:

The centerpiece of this course will be 27 (30-minute) lectures from the Great Courses course "History of England from the Tudors to the Stuarts" by Professor Robert Bucholz.

(<https://www.thegreatcoursesplus.com/a-history-of-england-from-the-tudors-to-the-stuarts>)

These will be supplemented by host-curated material from *YouTube*. We will also watch a theatrical film (TBD) on the Tudor period.

Welcome to our New Council Member!



I'm Bill Fredrickson; I'm honored to be the new At-large Council Board member. If my name sounds familiar, I was a high school counselor at Mankato West High School from 1988-2010. So, it's possible our paths have crossed in the past. Although I'm retired; I still help with interviews for the Big Brother/Big Sister program at the Y so maybe you've seen me there.

Although I've always considered myself a "lifelong learner" my first real introduction to the Mankato Area Lifelong learners was through Steve Gilberts' epic presentation on the History of Baseball. I knew from then on this was a good group for me. Since then, I've also joined the History and Science Book Club and attended numerous other presentations and events. I'm still working on names so please introduce yourself formally if we haven't done so already. Thanks for taking the time to read this introduction. I hope to see you soon.

2025–2026 Council Members and Social Group Coordinators

OFFICERS:

President

Barbara Keating

Vice President

(needed)

Treasurer

Ken Saffert

Secretary & Editor

Terry Salerno

Members at Large

Mary Bliesmer

Larry Nicol

Bill Fredrickson

COMMITTEE

CHAIRS:

Admin & Finance

Co-Chairs

Dave Janovy

Rallah Madison

Communication &

Publicity

(needed)

Great Decisions

Georgia Holmes

Presentations

Steve Gilbert

**SOCIAL GROUP
COORDINATORS:**

BOOK CLUBS:

BookMarks

Jim Booker

History & Science

Steve Gilbert

CARD CLUBS:

Bridge

Mary Bliesmer

500 Club

Joan Stoll

First Friday Movies

Steve Gilbert

**Coffee & Current
Events**

Steve Gilbert &

Georgia Holmes

DINING:

Dinner

Sarah Suskovic

Elizabeth Peters

Lunch

Sue Howard

Office Manager

Colleen Fritz

30TH ANNIVERSARY CELEBRATION- June 13, 2025

Celebrating 30 Years of Learning: Honoring Our Founders

Food, celebration, conversations, and a great presentation!

