



The Learning Times

A Publication of Learning in Retirement, Inc.

SUMMER MEMBERSHIP MEETING

Wednesday, July 17, 2019

11:15 Check-in & Exhibits

Lunch at noon

Meeting at 1:15 p.m.

St. Martins

Knights of Columbus Hall
Highway 50W – Route T

Preregistration Deadline:
July 10, 2019

President's Message

Mid-Year Review

We continue to be on track as an organization of learners who are dedicated to meeting the educational interests of its members and connecting Lincoln University to the community. Since our first official organization of 65 members in 1992, we continue to grow with 350 to 400 members, 20 courses, 20 trips, and 14 clubs each year.

Our Educational Travel Committee ensures that the cost of travel for you is based on what the trips cost LIR. Upcoming trips include:

- Mississippi River Cruise, August 14-15
- Sedalia, August 29
- Joseph and the Amazing Technicolor Dreamcoat, September 11
- St. Charles, September 25-26
- Exploring Miller County, October 2
- Church Basement Ladies, October 11
- Tulsa, Oklahoma, October 15-17
- Christmas at the Crown Center, December 12

Our Curriculum Committee provides excellent free and low-cost courses. All courses are conducted locally. Some examples include \$12 courses on movies, "Wellness Options," "Remember When," and "Spatial America." A few of the free courses are "Sears Homes," "It's a Dog-Beat-Dog World," "Books That Turn 100 in 2020," "SEMA," and "Travelogue to Singapore, Scotland and the Isle of Skye."

Our clubs offer a wide variety of activities from walking/hiking to dominoes to bridge. A list of clubs and club coordinators appears on the back page of this newsletter. Please contact them if you have an interest.

If you would like to be more involved in LIR, please contact me or any board member. We can always use more volunteers.

Don Neumann
LIR President

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Summer Membership Meeting

The Summer Membership Meeting will be held July 17, 2019, at the Knights of Columbus Hall in St. Martins on Rt. T. Check-in will begin at 11:15 with lunch at noon. Osage Catering will be serving the meal of fried chicken and German pot roast, mashed potatoes and gravy, green beans, California blend, slaw, dinner rolls, and pie for dessert. Gluten-free meals will be available for those requesting them. Entertainment will be provided by *Tommy and Dan*. Free LIR course certificates will be given as door prizes.

The exhibit area, featuring travel, curriculum, and clubs, along with their representatives, will be available for visiting following check-in. This is an opportunity to get answers to any questions. Parking permits for Soldiers Hall will be available for \$10.

A short business meeting will be held with brief descriptions of upcoming offerings. Special guests, LU and ROTC scholarship recipients, and past course presenters will be introduced.

Pre-registration (form enclosed) is required for this event along with the prepaid luncheon cost of \$11 for members and \$15 for non-members. Those requiring a gluten-free meal must request it on the enclosed pre-registration form; it will be reserved for that member only.

Call 573-681-6152 if you have questions concerning the meeting or registration. The final date for registration is July 10, 2019.

Watch your mail for information regarding the December Holiday Social.

Sue Snell, Membership and Marketing Chair

New Members May Join at Mid-year

A person may join Learning in Retirement if he/she is retired, regardless of age. Membership dues are \$40 a year, due in January, but a person may join at mid-year in June for \$25. A membership form is enclosed in this mailing.

Election of Board of Directors

The following LIR Board members are being proposed for re-election to the 2020 Board of Directors at the Summer Membership Meeting:

Steve Buchholz (2nd 3-year term)

Kay Freidinger (2nd 3-year term)

Inge Gauck (2nd 3-year term)

Rita Grace (2nd 3-year term)

The following LIR Board candidate is being proposed for election to the 2020 Board of Directors at the Summer Membership Meeting:

Terry Rackers (1st 3-year term)

LIR HAS NEW LU LIAISON

Lincoln's most recent employee to work with LIR is our new liaison, Katrina Everhart. Ms. Everhart has a bachelor's degree in Human Development from Stephens College in Columbia. She also has a master's from the University of Missouri and is ABD in Higher and Adult Education from the University of Missouri as well.

Prior to finishing her dissertation, she was offered a position to teach for the United Nations Development Program (UNDP) in Xi'an, China. For the last five years, she has taught in elementary, middle, and high schools and in-home schools in Missouri.

She has also directed and taught the quarterly STEM (science, technology, engineering, and math) academies at Fort Leonard Wood in rocketry, robotics, advanced math, engineering, and the basics of flight. In addition, she conducted Teacher Professional Development programs at both the St. Louis Science Center and St. Louis Middle School Science Center.

She brings a vast amount of experience and knowledge to Lincoln University, where she is the Extended Studies Coordinator in the Division of Online and Extended Studies. In addition to working with LIR, her duties include Dual Credit programs at Lincoln University.

Learning in Retirement welcomes her.

LIR SCHOLARSHIPS AWARDED

Three Lincoln University students are recipients of LIR academic scholarships for 2019. The ROTC scholarship was awarded to Cadet Matthew Wynn. The LIR/LU General Academic Scholarships will be awarded to Grant Stokes and Emily Schulte.

Cadet Matthew Wynn, a history major with a minor in Military Science, is from Bassett, Virginia. Cadet Wynn is a member of the ROTC Color Guard, participates in Work Study with the Military Science Department, joined the Missouri Army National Guard in December 2018 and is an Assistant Scout Master with the Boy Scouts back home in Virginia. During this summer, Cadet Wynn will attend Basic Combat Training at Fort Leonard Wood, Missouri. Upon graduation from Lincoln University, he plans to receive a commission as a Second Lieutenant in the United States Army, serve on active duty as an Infantry Officer, and attend Ranger School.

Grant Stokes, a junior from Jefferson City, Missouri, will receive the LIR/LU General Academic Scholarship. He is majoring in Biology and minoring in Chemistry to complete pre-med requirements on his path to become a doctor. Grant currently works at Capital Region Medical Center as a phlebotomist. He has volunteered at the Special Learning Center, Habitat for Humanity and the Jefferson City Samaritan Center. Grant currently has a GPA of 3.435.

Emily Schulte, a sophomore from Westphalia, Missouri, will receive the Bob Maxwell Memorial General Academic Scholarship. She is majoring in Elementary Education. Emily currently works at Bailey's Learn and Play Daycare in Loose Creek and volunteers as a volleyball coach for the Osage County Volleyball Club. She wants to teach the youth of the world to strive to be the best versions of themselves and further their learning. Currently Emily has a 4.0 GPA and is working to maintain that average in college.

Payment Procedure Trips, Courses, Dues and Events

To streamline the payment process for trips, courses, membership dues, and catered luncheon fees, the following payment procedure is recommended for efficient recording and processing.

- **TRIPS:** A separate check should be issued for each trip, if possible. Couples may combine payments on one check. Be sure to attach check(s), with trips noted, to the [Trip Registration Form](#) found in this newsletter.
- **COURSES:** A separate check can be issued for one or all of the courses that an individual wants to attend. Please note what course(s) are being paid. The [Membership Meeting and Course Registration Form](#) is included in this newsletter.
- **NEW MEMBER APPLICATION/DUES:** A separate check should be issued for membership dues. A [Membership Application](#) form is included in this newsletter.

LU / LIR Parking Permits for 2019—2020

Lincoln University parking permits for LIR members will be available for purchase at the Summer Membership Meeting on July 17th 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, 2019, through August 31, 2020.

To obtain the permit, you will need the following information: vehicle make, model, color, license plate number, and your driver's license number. Cost of the permit is \$10.00.

KEEP UP WITH LIR EVERY MONTH

If you want more in-depth information on LIR that isn't usually included in the newsletter, you can find it on the first Monday of the month in the Active Life publication printed by the News Tribune. Current writers for this monthly article are members of the LIR's Creative Writers group. If you have ideas for future articles, contact Denise Kliethermes, the Creative Writers facilitator, at 395-4662 or Kliethermes@embarqmail.com.

Travel Trip Reminders

LIR trips travel via coaches departing and returning to Walmart Super Center, 724 W. Stadium Blvd. (near the Central Bank ATM). Coaches most often arrive 30 minutes prior to departure time.

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.

Gratuities (tips) are covered in the cost of the trip for the coach driver, for all included meals, step-on guides and donations for charitable venues. Meals on your own and hotel housekeeping tips are at your discretion.

Travelers are requested to wear their name badges on every trip. For safety, badges should be removed when walking in major cities.

****Health & Safety****

LIR travel requires walking and the physical capability to tour the site. If you have concerns regarding the described activities, please call an escort to discuss the degree of difficulty of the trip's venues.

Comfort stops are planned for the comfort and well being of travelers any time the trip time is between 2 and 2-1/2 hours. Passengers are encouraged to leave the coach for a short walk for their health.

Water is provided for travelers on all coach trips. Take advantage of it.

Travelers with special dietary needs should **contact an escort prior to the trip** to express their required dietary accommodation.

****Registration****

Submit separate checks for each trip (if possible). Couples may combine payments on one check..

Checks for multiple trips will be deposited even when placed on a wait list for some trips. Refunds will be made after the date of the trip.

When registering with a friend for trips, you are strongly encouraged to mail or drop off registrations together as registrations are recorded as received.

Refunds for trip cancellations depend on the ability to fill the vacancy and/or the recovery of expenses already paid.

NO deposit is necessary to be placed on a wait list.

Registrants for a trip are automatically added to a wait list if the maximum number of travelers has already been confirmed.

PUT ON YOUR TRAVELING SHOES!

Cruising the Mississippi River

Wednesday-Friday, August 14-16, 2019

Come and cruise the beautiful and powerful Mississippi River from Dubuque, IA, to Moline, IL. As we travel from Missouri to the river cities of Dubuque and on to Moline, we will enjoy learning more about the "Mighty Mississippi River."

Day 1: We will get an early start for our drive to the city of Dubuque, Iowa. Upon arrival, our first stop will be to check into the Holiday Inn Dubuque to rest and freshen up for the evening. Our step-on guide will welcome us at the hotel and escort us as we progress through three of Dubuque's historic sites, enjoying entertainment, music, delicious food, and wonderful company along the way. During this guided experience, you will be mesmerized as costumed docents and local historians share facts about what made 19th century Dubuque so distinctive and why it continues to be the "Masterpiece of the Mississippi." We will enjoy visiting the **Fannie Stout Home** for appetizers, **Steeple Square** for the main course, and **Mathias Ham House** for dessert. After this tour, we will return to the hotel for the night.

Day 2: Early in the morning we will depart for the pier to board the 750-passenger Celebration Belle, cruising for a full day. This is one of the most beautiful sections of the river passing through three locks and dams on the journey. There are two observation decks with tables and chairs to relax outside, enjoy the scenic views and the gift shop. You can also visit the captain in the pilot house. All meals are freshly prepared by chefs serving three buffet meals aboard the boat. The wonderful entertainment includes a dance floor. Become Tom Sawyer or Huck Finn for the day! Your day can be what you make of it – a learning experience or simply a leisurely cruise down the Mississippi River. Don't forget your camera! The coach will meet us on the pier in Moline, IL, to take us to the Radisson on John Deere Commons.

Day 3: After breakfast at the Radisson we will make our way to the Rock Island Arsenal Museum, which is the Army's second oldest museum. It first opened to the public on July 4, 1905. Its primary mission is to collect, preserve, and interpret the history of Rock Island Arsenal and Arsenal Island. By focusing on "People, Processes, and Products," the exhibits tell the story of the people involved in Arsenal Island's history, the manufacturing processes used at Rock Island Arsenal, and the military equipment that was produced at Rock Island Arsenal.

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TRIPS: AUGUST - DECEMBER 2019

The Rock Island Arsenal Museum is nationally recognized for its large and impressive small arms collection. Over twelve hundred U.S., foreign, civilian, and military small arms are on permanent display. You will need to bring a government issued photo ID such as your driver's license or military ID.

Working the land—that's what they have been doing at John Deere for more than 175 years. And there's no better way to experience it than a trip to the John Deere Pavilion. It's all here: the machines, the history, the technology, the innovations, and a chance to see where agriculture, construction, and forestry are heading in America and around the world. One more stop before we start our trek back to Jefferson City is at the Machine Shed in Davenport, IA, for a delicious lunch.

The cost of the trip includes transportation, admissions, the progressive dinner, cruise with three buffet meals, breakfast at the Radisson, lunch at the Machine Shed, and gratuities as needed.

Depart: 7:15 a.m., Wednesday, August 14

Return: 7:00 p.m., (est.) Friday, August 16

Escorts: Martha Kleindienst – 573-353-7582
Marge Kudrna – 573-694-8550

Cost: \$515 Single
Total due with registration
\$425 Double
Total due with registration

Sedalia: Then and Now

Thursday, August 29, 2019

Move 'em on, head 'em up! We're rollin', rollin', rollin' to Sedalia in late August to learn about its past as well as the current day. We'll begin our visit at the Katy Depot. Listed on the National Register of Historic Places, the depot serves as Sedalia's Welcome Center and features heritage exhibits. This Romanesque structure was built in 1896 for the Missouri-Kansas-Texas Railroad. We'll get an overview of how the railroads and cattle drives influenced Sedalia's history. Then, we'll have some free time to wander around and look for ourselves.

Next, we'll be joined by a step-on guide as we explore downtown Sedalia. We will get off the coach at three locations. First stop is the Pettis County Courthouse, which features 42 murals on the third floor.

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We'll also visit the Sedalia Public Library, the first Carnegie library in Missouri. Dedicated in 1901, the Greek Revival building features original oak woodwork, marble and glass floors in some areas, and a collection of antique furniture and paintings.

Our third stop will be at the Trail's End monument depicting the town when it was the end point for cattle drives from Texas.

Lunch and a "Clothing of the Ages" program is next on the agenda. We'll enjoy a light lunch at Nostalgia Vintage Apparel and, while eating dessert, will see and hear the history of men and women's clothing from the Victorian era to 1980, with an emphasis on how fashion mirrored what was going on in society at the time. There will also be time to browse through a museum and vendor stalls featuring many different antique items.

For a look at the present, we head to the Daum Museum of Contemporary Art on the State Fair Community College campus. After a short overview of the Museum, we'll have time to look over their collection, which includes more than 1,500 artworks by some of the most highly regarded artists of the past 50 years.

One last stop as we head out of town is the Russell Stover Outlet, where you can indulge in a scoop of Blue Bunny Ice Cream and/or some delicious candies.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Escorts: Wendy Hansen – 573-645-2031

Pat Miner – 573-298-2965

Cost: \$55 Total due with registration

Joseph and the Amazing Technicolor Dreamcoat

New Theatre, Overland Park
Wednesday, September 11, 2019

Once more we will travel to the New Theatre in Overland Park for one of Andrew Lloyd Webber's first musicals--the retelling of the story of Joseph and his coat of many colors from the Book of Genesis.

This upbeat musical is filled with a cornucopia of musical styles. From country-western to calypso to bubblegum pop, to rock 'n' roll, this Old Testament tale emerges both timely and timeless. With its family-friendly storyline, universal themes and catchy music, this is a musical theater event not to be missed!

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TRIPS Continued

Celebrating its 50th anniversary in 2019, Joseph is one of the most enduring shows of all time and re-imagines the biblical story of Joseph, youngest son of Jacob, his betrayal by eleven jealous brothers, and of his being sold into slavery.

Your ticket also includes the “Amazing buffet of many items,” which you will enjoy prior to the show!

Depart: 7:45 a.m.

Return: 7:00 p.m.

Escorts: Vicki Ford 573-694-0014

Martha Kleindienst 573-353-7582

Cost: \$75 Total due with registration



Discover Historic St. Charles

Wednesday-Thursday, September 25-26, 2019

Join us as we take a tour of historic St. Charles. We will leave Jefferson City at 8:00 a.m. on Wednesday, September 25, stopping in Warrenton for a comfort break and then heading on to St. Charles. Our tour will start with a step-on guide who will point out the Lewis & Clark Boat House and Museum, Missouri’s First State Capitol, the beginning of the Boone’s Lick Trail, and many historic buildings dating from the 1760s to the early 1900s.

After a buffet lunch at Tony’s on Main Street (included), we will head to an interactive presentation entitled “History with Hats.” This entertaining program is a hands-on activity that will bring to life the history of St. Charles from its founding in 1769 up to the 1904 St. Louis World’s Fair.

Just next door, we will visit Missouri’s First State Capitol, where Missouri’s original state legislators — some of them frontiersmen and others of the gentry — met to undertake the task of reorganizing Missouri’s territorial government into a progressive state system.

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This site has been completely restored and furnished as it appeared from 1821 to 1826.

Next, we will explore the Lewis & Clark Boat House and Museum, which features exhibits relating to the Lewis and Clark Expedition, as well as the Missouri River ecosystem. There is a trading post, habitats, museum, and full-scale replicas of the boats used by Lewis and Clark.

After this tour, we will head to the Drury Plaza Hotel just in time for their kickback reception. Several restaurants are within walking distance of the Drury that you can choose for dinner on your own, if you’d like something more. There is also a free trolley from the downtown area and one of its stops is the Drury. It runs until 8:00 p.m.

Wednesday morning we will enjoy a complimentary hotel breakfast, load our suitcases, and depart for the Frenchtown Heritage Museum and Research Center to learn about the French influence on St. Charles, followed by a visit to the Sacred Heart Academy and Shrine of Saint Philippine Duchesne. Mother Duchesne was very influential in the early educational system of Missouri.

We will have a buffet lunch (included) at the Art Foundry Centre. Artisans will be on the second floor to visit with those in our group who would like to know more about their media.

After lunch, we will head to Daniel Boone’s 200-year-old Georgian-style home where he lived his last years. We will also tour the Historic Village next door, representing life in the 1800s. The Village is a collection of over a dozen 19th century buildings, including the Old Peace Chapel, a one-room school house, a gristmill, a carpenter shop, and a general mercantile.

We will head home with a comfort stop at Kingdom City and should arrive back in Jefferson City by 6:30 p.m.

Depart: 8:00 a.m., Wednesday, September 25

Return: 6:30 p.m., Thursday, September 26

Escorts: Lee Bunch – 573-797-3271

Betty Doerhoff – 573-619-2920

Cost: Single: \$230 -- \$130 due with registration
\$100 final payment due August 14

Double: \$175 -- \$100 due with registration
\$75 final payment due August 14

TRIPS Continued

Exploring Miller County

Wednesday, October 2, 2019

Join us for a fun day as we explore a few places in Miller County. We will leave the Jefferson City Walmart parking lot on Stadium at 8:00 a.m.

Our first stop will be at the Miller County Museum in Tuscumbia. This museum provides an authentic vision of central Missouri society, its Native American heritage, early home accessories, machines, crafts, schools, churches, and agriculture.

Next, we will enjoy a 1 1/2 hour narrated cruise on the Celebration II boat at the Lake of the Ozarks. This includes lunch where you will have several options of entrees. Cost of the meal is included in your registration fee.

Our last stop will be at the historic Willmore Lodge, which was built in 1930 by Union Electric and is listed on the National Register of Historic Places. It is home to the Lake Area Chamber of Commerce, the Lake of the Ozarks Visitor's Center, and the popular Bagnall Dam History Museum, which we will tour. The museum provides sights and sounds from the Lake of the Ozarks over the years, plus information about the construction of Bagnall Dam.

After a full day, we return to Jefferson City, arriving back at Walmart around 5:00 p.m.

Depart: 8:00 a.m.
Return: 5:00 p.m.

Escorts: Betty Doerhoff – 573-619-2920
Randy Ford – 573-694-0084

Cost: \$75 Total due with registration

The Church Basement Ladies In Rise Up O'Men

Maples Repertory Theatre, Macon, MO
Friday, October 11, 2019

Travel with us to the Maples Repertory Theatre in Macon to enjoy the newest Church Basement Ladies musical in its quaint, small theater. There are no bad seats!

Before the show, we'll be served a catered-in buffet meal right at the theatre (included in cost of trip). We've heard that the fresh baked rolls are the best, and dessert is pretty good, too!

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Then we'll have some free time to explore a vintage Ben Franklin Store, check out West Winery, grab some delicious ice cream at Miller Rexall Drugstore (all within two blocks of the theater), or just relax before the show.

Then it's time for the show. Imagine it's the summer of 1964 in a small-town Minnesota Lutheran church, and we find the long-standing characters of the Church Basement Ladies with a new twist – they are interacting with fresh faces: the men of the community! We'll get acquainted with three new male characters, where the biggest crisis is falling off the jubilee float, and most of their troubles come from negotiating life with the other Protestants in town and the "fish on Fridays" crowd. All of this is served up with sweet nostalgia for a '60s far from that decade's tumult (most of us remember that era pretty well!).

After the show, we'll have time to take a restroom break before we get back on the bus and head to Jefferson City.

Depart: 10:15 a.m.
Return: 6:30 p.m.

Escorts: Wendy Hansen – 573-645-2031
Lee Bunch – 573-797-3271

Cost: \$70 Total due with registration

Tulsa: The Past; The Present; The Pride

Tuesday-Thursday, October 15-17, 2019

Join us for a fun-filled three-day trip to experience historical Tulsa, Oklahoma, from its rich Native American heritage to its love affair with Route 66, and the Pioneer Woman's Mercantile in nearby Pawhuska.

We will begin our trip Tuesday morning at 7:00 a.m. Our first comfort stop will be at Walmart in Lebanon, MO, in case someone forgot something. Next, we go to Joplin to lunch at Sandstone Gardens Bistro, allowing enough time for a bit of shopping. Our afternoon will be spent in Claremore, OK, enjoying the Claremore Museum of History and the Will Rogers Museum before a dinner at Hammett House, known for its delicious homemade pies. Traveling 30 minutes to Tulsa, we will stay at the Holiday Inn Tulsa-City Center for two nights.

Following a complimentary breakfast at the hotel Wednesday, a step-on guide will join us for the morning, sharing the history of Tulsa, pointing out along the way some of Tulsa's landmarks, including its famous art deco buildings, Black Wallstreet, Black Gold Row, Creek Council Oak Tree and Park, Tunnels of

(Continued on next page)

TRIPS Continued

Tulsa sites, and tour the interiors of some of Tulsa's historical hotel lobbies.

Following the morning tour, we are off to The Mother Road Market where everyone will enjoy lunch on his or her own. Back on our coach, we will be treated to a guided tour as we drive the historical Mother Road through the area. The guide will treat us to the history and the significance of the sites along Route 66.

Mid-afternoon finds us on our way to The Gilcrease Museum known for housing the world's largest and most comprehensive collection of art and artifacts of the American West, including an unparalleled collection of Native American art and material. Other exhibits include a variety of inspiring exhibitions featuring fine art, anthropology, and archival items.

Dinner will be enjoyed at the Post Oak Lodge just a few minutes outside the heart of Tulsa. Post Oak is a private secluded setting with beautiful natural landscaping -- a place to enjoy the richness of the area. Dinner will be a BBQ buffet featuring smoked chicken and pulled pork with all the trimmings. We will be treated to a cobbler dessert while we enjoy a Native American Fashion Show consisting of several Indian tribes' apparel.

Thursday morning finds us enjoying the complimentary breakfast at the hotel and getting our luggage to the coach for our return trip to Jefferson City. But first we will travel to Pawhuska, OK, to tour the Cathedral of the Osage (now Immaculate Conception Catholic Church) for a guided tour of its architecture, including its 22 Native American stained glass windows. Then we are off to The Pioneer Woman, Ree Drummond's Mercantile. Ree is known for her cooking show *The Pioneer Woman* on the Food Network. Ladies, have your shopping lists ready!

Following lunch and a bit of shopping at The Mercantile, we head home. We will have two comfort stops along the way and anticipate arriving on the Walmart lot in Jefferson City by 9:00 p.m., hopefully full of inspiration from learning more about our Native American neighbors.

Depart: 7:00 a.m., Tuesday, October 15
Return: 9:00 p.m., Thursday, October 17

Escorts: Kay Freidinger – 573-645-3116
Kay Martellaro – 573-680-6058
Wendy Hansen – 573-645-2031

(Continued in next column)

Cost: Single \$500 \$300 due with registration
\$200 final payment due September 4

Double \$380 \$250 due with registration
\$130 final payment due September 4



A Spectacular Christmas Show Crown Center Musical Heritage Theater

Thursday, December 12, 2019

It's a new holiday tradition! Join us on Thursday, December 12th, for a trip to the Crown Center in Kansas City for all your favorite holiday songs from Musical Theater. There will be singing, dancing, show tunes, and Christmas classics. Enjoy these tunes from Musical Theater, innovative arrangements of holiday classics and more! It's a jam-packed holiday treat that's sure to fill you with the Christmas spirit. There's nothing better than Crown Center during the holidays!

After our "Spectacular" show, we will travel to Independence to celebrate the holidays in the way we know best—EATING. Our after-theater dinner will be at Ophelia's Restaurant and Inn. Ophelia's has quite the background. Originally built in 1907, it first housed a hardware store before an additional structure was added on in 1948 as Katz Drugstore. Katz closed in 1974, and it wasn't until Ken and Cindy McClain purchased the building in 1999 that the structure had a new purpose.

Today the restaurant is the cornerstone of Independence Square. Ophelia's menu offers a wide range of American classics. It is rated as one of the finest restaurants in Independence. A special buffet will be prepared for us featuring two entrees, vegetables, and desserts!

Depart: 8:45 a.m.
Return: 7:15 p.m.

Escorts: Vicki Ford 573-694-0014
Martha Kleindienst 573-353-7582

Cost: \$120 \$70 due with registration
\$50 final payment due November 4th

COURSES AUGUST — DECEMBER 2019

Free Courses Begin on Page 13

MISCELLANEOUS COURSE INFORMATION

- Registration forms are provided in the LIR newsletter or on the LIR web site. Each course is \$12 unless otherwise noted. Most courses have four 2-hour class sessions.
- A few 2-hour free courses are also offered, but registration is required for these as well so adequate seating is available and presenters know how many handouts or other course materials are needed.
- Registration may be mailed, delivered personally to the LIR office, or will be accepted at the membership meeting.
- 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.
- 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 (573-681-6152) receives notice one week prior to the start date of the first class. Refunds are processed after the course is completed.
- Should an emergency occur after the deadline that prevents you from attending the course, notify the LIR office as soon as possible.
- Refunds will be considered on a case-by-case basis by the curriculum chair and the office manager.

AUGUST MOVIES: REAL PEOPLE

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

Dates: Wednesdays: August 7, 14, 21, and 28

Place: MRRL, 214 Adams St., 2nd floor

August 7: *My Left Foot* This movie is a 1989 biographical comedy drama starring Daniel Day-Lewis. It tells the story of Christy Brown, who is born with cerebral palsy to a large, poor Irish family. His mother recognizes the intelligence and humanity in the lad everyone else regards as a vegetable. Eventually, Christy matures into a cantankerous artist who uses his dexterous left foot to write and paint.

August 14: *Dangerous Minds* This movie is a 1995 American drama based on the autobiography by retired U.S. Marine LouAnne Johnson. LouAnne Johnson is hired as a teacher in a high school in a poor area of the city. She has recently separated from her husband. Her friend, also a teacher in the school, got the temporary job for her. After a terrible reception from the students, she tries unconventional methods of teaching to gain the trust of the students. The film stars Michelle Pfeiffer.

August 21: *A Beautiful Mind* This movie is a 2001 American biographical drama based on the life of John Nash, a Nobel Laureate in Economics. From the heights of notoriety to the depths of depravity, John Forbes Nash, Jr., experienced it all. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery. After many years of struggle, he triumphed over his tragedy. The film stars Russell Crowe and is directed by Ron Howard.



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COURSES AUGUST — DECEMBER 2019

August 28: *Woman in Gold* This movie is a 2015 biographical drama. Maria Altman, an elderly Jewish refugee, sought to regain a world-famous painting of her aunt plundered by the Nazis during World War II. She did so not just to regain what was rightfully hers, but also to obtain some measure of justice for the death, destruction, and massive art theft perpetrated by the Nazis. The film stars Helen Mirren.



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

***CAVEAT EMPTOR* (LET THE BUYER BEWARE)**

Time: 10 a.m. - Noon
Dates: Tuesdays, September 3, 10, 17, and 24, 2019
Place: Masonic Lodge, 3211 Masonic Ct.

With ever-increasing attempts to separate us from our money and even our identity, we must be more aware. It is truly time to *CAVEAT EMPTOR: LET THE BUYER BEWARE*.

September 3: SCAMS AND FRAUDS are rampant, particularly targeting seniors (us). Hope Gerdes of Edward Jones will expose some of these and help us understand how to BEWARE.

September 10: HISTORY OF FAKE NEWS; (BACK BY POPULAR DEMAND) Professor Emeritus Dr. Clyde Bentley (U of MO) will share the history of FAKE News from ancient to current times. (This is a reprise of his class last January that so many of you missed when it was postponed because of the weather.)

(Continued in next column)

September 17: CYBER SECURITY is forever changing. It is essential to be aware of the ways our computer security is threatened in ever more inventive and sly ways: to prevent getting hacked or giving out our private information: and to have adequate malware and virus protection. This is an update on cyber security with presenters from Central Trust Bank. (BACK BY POPULAR DEMAND)

September 24: HOME SAFETY. Michele Gleba of the Better Business Bureau in Columbia will share with us the many schemes to obtain our identity, our information, our money. Alan Mudd, local realtor, will help us look at home safety, in-home services, and how to prepare and sell your home and the hidden costs thereto.

Presenters: Listed above

Coordinators: Carol Ellinger, 573-230-4006
Terry Rackers, 573-230-5576

WELLNESS OPTIONS *for overall good health*

Time: 9:00 -11:00 a.m.
Dates: Wednesdays, September, 4, 11, 18, and 25
Place: CRMC Physicians Office Building,
1125 Madison, Tunnell/Wherritt Community Room

Session 1. *Inside-Out* explores diet and nutrition as it contributes to our overall good health. Learn ways in which we can optimize our health if we face diabetes, arthritis, and other health challenges. Add a little fun with movement, and that “feeling good all over” energy makes us glad we got up early to attend.

Session 2. *Don't Sweat the Small Stuff*: Let's learn about pain management techniques and top 10 tips on managing arthritis. Take a deep breath — ahhh — as we explore relaxation techniques and experience a chair massage. “Keepin’ it moving” is the key here.

(Continued on next page)

COURSES AUGUST — DECEMBER 2019

Session 3. Don't miss hearing what a sleep study is. How can diagnosis and treatment of sleep apnea add to a "A Good Night's Sleep"? We all want to know what contributes to restful sleep experiences. This presentation promises to keep us wide awake!

Session 4. *All Is Well* alerts our minds in ways that will surprise some and confirm others as we explore healthy relationships, volunteerism, TAI-CHI, and wisdom-sharing. The mind is such a powerful part of us that has to be fed with healthy satisfaction.

Presenters: Various CRMC staff

Coordinators: Mentha Bolton-Bakari, 414-736-4555
Carol Ellinger, 230-4006



REMEMBER WHEN?

Time: 10 a.m. - Noon

Dates: Thursdays, October 3, 10, 17, and 24, 2019

Place: Masonic Lodge, 3211 Masonic Ct.

Memories can be enchanting, intriguing, delightful, and fun to share, so let's look back on some memorable events in our hometown. After we prime you with a presentation, we hope you will share your memories.

October 3:

10:00 a.m. Drive-In Movies Then and Now: Family entertainment or passion pit, rumble seats, westerns with Clint Eastwood or John Wayne, sleepy kids in the backseat, romances, cartoons, newsreels, popcorn. Memories with Lyle Rosberg, Mid Mo Old Car Club.

(Continued in next column)

October 10:

10:00 a.m. Jefferson City Airport: The original location, the airlines flown out of Jefferson City, Bill Asel, Johnny Muessig, John Randolph, the floods, accidents, and the fight over Elkhurst.

Memories with Terry Rackers, pilot/ historian/ member of LIR.

11:00 a.m. Flood of 1993: Actually, the two floods of 1993, the end of Cedar City, roads destroyed, Hwy 54 washed out, volunteer sandbaggers, unknown flood plains, its lasting effects.

Sharing memories with Bob Priddy, historian/radio personality/author.

October 17:

10:00 a.m. Orphan Train, Memories of MOM: The agony of the need for the Orphan Train, the many impacted, what happened when the train arrived. Shirley Andrews and Mitzi Linsenhardt will share their memories of their Mom's arrival here and what the orphan trains entailed.

11:15 a.m. TV comes to Jefferson City: How it got started, what it looked like, then and now.

Dick Preston of KRCG-TV reminisces with us.

October 24:

Missouri State Penitentiary & Capital Avenue: Pretty Boy Floyd, James Earl Ray, Sonny Liston, alums of the Missouri State Penitentiary. its impact on Jefferson City and Capital Avenue, the riots of 1954 that brought the Highway Patrol and National Guard, — its ghosts(?)

Remembering with Mark Schreiber, retired assistant warden, now historian/tour guide/city councilman.

Presenters: Listed Above

Coordinators: Carol Ellinger, 230-4006
Terry Rackers, 230-5576

COURSES AUGUST — DECEMBER 2019

PLANNING FOR A GREAT THIRD ACT AND GRACEFUL EXIT

Time: 10:00 a.m. - Noon

Date: Tuesdays, October 8, 15, 22, and 29, 2019

Place: Masonic Lodge, 3211 Masonic Ct.

What does your future hold? This course will help you plan for the many changes you will encounter as you age and prepare for your final days. Classes will include a mix of presentation and discussion.

Meet Your Future Self

What you do today will affect your future, so what can you do now to live your fullest life as you age? How can you stay engaged and keep relationships strong? What are your strengths and what resources do you have to help you on this journey? How can you deal with changes in your family's dynamics? This session will help you assess your options and prepare for this unique journey.

Presenter: Amy Bartels, Field Specialist in Human Development & Family Science, MU Extension

Financial and Legal Issues

Make your legal and financial life easier for yourself and your family by addressing common tasks such as preparing a will, power of attorney and other documents. Find out about financial services that address costs of aging such as long-term care insurance, annuities, investments, and reverse mortgages.

Presenter: Holly Schroer, VP & Trust Officer, Hawthorn Bank, and Neil Carr, Financial Investment Advisor, Lincoln Financial/Hawthorn Bank

Where You Live Matters!

Staying in your home or moving to some type of retirement or other community is a major decision. Can you modify your home to make it more age-friendly? How will you evaluate other housing options such as retirement communities, assisted living, or nursing homes? This session will provide information on available services and how to make a good choice.

Presenters: Donna Wobbe, Regional Ombudsman Program Director, CMAA; Ronda Giger, Regional Ombudsman Coordinator, CMAA, Trish Luther, Care Coordination Supervisor, CMAA; Tina Phelps, Cole County Care Coordinator, CMAA.

'Just Shoot Me' is Not a Plan

This session will focus on end of life issues and how to get quality care during this time. You can prepare with advance directives, writing down and sharing your wishes with your family, and deciding how much and what types of care you would prefer.

Presenter: Jony Lootens, Social Worker, MSW Branch Manager for SSM Health at Home Hospice

Coordinators: Barbara Reading, 690-2273
Becky Buchholz, 690-6579

SPATIAL AMERICA: A GEOGRAPHICAL EXAMINATION OF THE U.S.

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

Dates: Wednesdays October 9, 16, 23, and 30, 2019

Place: TBD

Examining the United States from a spatial perspective, we will begin with the location of the U.S. within North America and an overview of our country's physical features. The focus will then shift to a study of the human geography of the U.S.

Organized around a regional approach, we will investigate the physical, demographic, urban, and agricultural features of the human regions of the United States.

Week 1: Introduction: Geography and the U.S.

Week 2: Original America

Week 3: The Heartland

Week 4: The Final Frontier

Presenter: Dan Hermann

Coordinators: Bill Gerling, 220-4319
Scott Sellner, 291-5226

COURSES AUGUST — DECEMBER 2019

FREE COURSES

SEMA: HOW DOES IT HELP MISSOURIANS?

Time: 1:30-3:30 p.m.
Date: Thursday, September 19, 2019
Place: Knowles Y Annex, 424 Stadium Blvd.

Sometimes the unthinkable happens -- and also the unexpected! Last spring we scheduled SEMA to present one of our four-part courses on Disaster Preparedness for Jefferson City. Then flooding hit Missouri, and they were unable to come.

We are happy to be able to re-schedule them this fall. Please come to find out more about how the State Emergency Management Agency protects the lives and properties of all Missourians when disasters threaten any city, county, or region of our state.

Presenters: SEMA staff
Coordinator: Scott Sellner, 291-5226

BOOKS THAT TURN 100 IN 2020

Time: 1:30-3:30 p.m.
Date: Monday, Sept. 23, 2019
Place: TBD.

The only grandmother I had the pleasure of knowing would have been 35 years old in 1920, and she was a reader. She had also been given the right to vote the year before. She was a voter. Did the time in which she was living affect what she read? Did this radically changing time with WWI, women coming into the workforce, and America moving away from farms and into cities affect what authors were writing and what people wanted to read?

Members of the Learning In Retirement Book Club will chose, read, analyze, and give a synopsis of the 1920 book of their choosing and state how much or how little

(Continued in next column)

they feel their author would be comfortable writing in 2020 American society. It will be an interesting exercise in history through literature.

Presenters: Members of Learning in Retirement Book Club

Coordinators: Theresa Sullivan, 635-6404 or 230-5367
Pamela Kormann, 680-0106

LAW ENFORCEMENT AT LINCOLN UNIVERSITY (LU)

Time: 10:00 a.m. – Noon
Date: Wednesday, October 2, 2019
Place: TBD

Scenarios such as active shooter and House Bill (HB) 258 are part of this presentation.

Have you wondered about conceal and carry gun laws on college campuses? How does the Lincoln University Police Department (LUPD) deal with non-student presence on campus? Security strategies and interventions of non-student population presence are part of LU's security plan.

LU Chief of Police, Gary Hill, is the presenter of this course. An overview on LUPD's chain of command and officer commissioning will be explained, as will a typical day on security duty at LU. Chief Hill will discuss security issues that have evolved in the past two years, along with strategies to overcome them. A discussion on the strategic plan for the LUPD Academy will also be reviewed.

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

IT'S A DOG-BEAT-DOG WORLD

Time: 1:30 – 3:30 p.m.
Date: Thursday, November 7, 2019
Place: Knowles Y Annex, 424 Stadium Blvd.

Are you a dog lover? Have you ever wondered what the dog-show judge is really looking for? What do all of those titles by a dog's name stand for? Where do all these breeds come from, anyway? How timely is this information?

We'll look at the general characteristics judges are looking for, plus some special characteristics of specific breeds.

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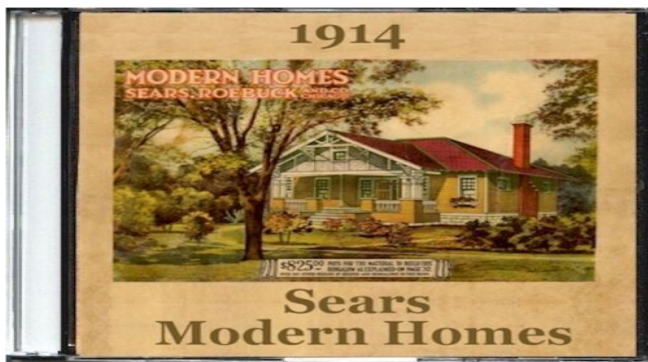
COURSES AUGUST — DECEMBER 2019



We'll also look at some of the more than 50 titles a dog can achieve. We'll look at where around the world some of the breeds already in the AKC come from, and then we'll look at some of the more exotic breeds that might join AKC in the future.

All of this knowledge can then be used on Thanksgiving Day while watching the National Dog Show.

Presenter: Barb Barnard
Coordinators: Scott Sellner, 291-5226
Theresa Sullivan, 635-6404



THE HOUSES THAT SEARS BUILT

Time: 1:30-3:30 p.m.
Date: Tuesday, November 12, 2019
Place: Clydesdale Room, N.H. Scheppers Distributing,
2300 St. Mary's Blvd.

In the early 1900s, you could order just about anything from a Sears Catalog: plows, obesity powders, sewing machines, clothes, shoes, etc.

(Continued in next column)

By 1908, Sears was in the kit home business. For \$1, customers could get house plans with a Bill of Materials and full blueprints. A few weeks after submitting your order, two boxcars containing 30,000 pieces of pre-cut lumber and everything you needed to assemble your new home would arrive at the train depot.

During their 32 years in the kit home business, Sears sold about 32,000 homes. Jenny Smith will give us the history of this remarkable industry and take you on a tour of Sears houses in Jefferson City.

Presenter: Jenny Smith

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

ISLAND TRAVEL: SINGAPORE AND THE ISLE OF SKYE PLUS THE GARDENS OF SCOTLAND

Time: 1:30- 3:30 p.m.
Date: Tuesday, November 19, 2019
Place: Clydesdale Room, N.H. Scheppers Distributing,
2300 St. Mary's Blvd.

Come travel and explore vicariously two incredibly different islands from two different parts of the world— Singapore in the Orient and the Isle of Skye in Europe.

1:30 p.m. SINGAPORE: The island nation of Singapore is strategically situated in Southeast Asia, economically powerful and ruled by a dictatorship. It is one of the world's busiest ports. Rita Grace will share with us her visit to Singapore.

2:30 p.m. THE ISLE OF SKYE: Just off Scotland, the Isle of Skye is totally different in setting, history, and beauty. Alice Longfellow, who recently returned from walking the Isle of Skye, will delight us with her insights, not only of Skye, but of the beautiful gardens of Scotland.

Presenters: Rita Grace, LIR member and webmaster
Alice Longfellow, Owner of Longfellow's
Garden Center

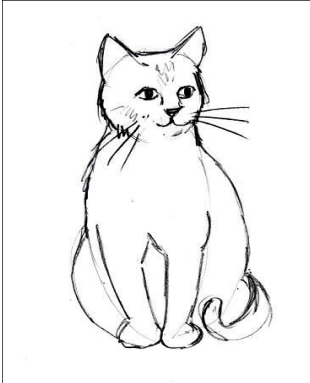
Coordinators: Carol Ellinger, 230-4006
Barbara Reading, 690-2273

CLUBS

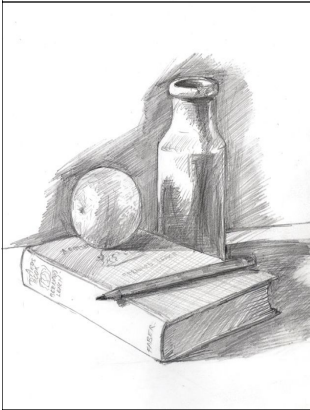
SKETCHERS – LIR'S NEWEST CLUB

With 13 clubs going strong, LIR is about to launch a 14th club. If you like to sketch, or are interested in

learning to do so, this is the club for you. Starting in July, Rita Schaefer will facilitate a "Sketchers" group on the 4th Tuesday of each month.



Sketchers will meet at 10 a.m. in Classroom 8 of Soldiers Hall. The facilitator will provide a simple object or objects to sketch. In time, it is hoped that local artists may attend to give advice and guidance. So grab your pencils, crayons, paper, and such and join us.



The first meeting of the new Sketchers club will be July 23, 2019.



BOOK CLUB READING LIST

The Learning in Retirement Book Club has chosen the following books for reading and discussion in the next several months. They are as follows:

July – *Rainwater* by Sandra Brown (Historical fiction)

August – *Where the Crawdads Sing* by Delia Owens (Crime drama)

September – The Book Club will present a free course on books published in 1920 that will be 100 years old in 2020 and are still being read.

October – *Frankenstein* by Mary Shelley (Gothic novel – a classic)

November/December – *A Gentleman in Moscow* by Amor Towles (Russian historical novel)

January 2020 – *Enemy Women* by Paulette Jiles (Missouri historical novel)

Books are chosen every six months after members present suggestions on books they have read. If you are interested in participating in the book club, contact Barb Maxwell, club facilitator, at 619-5921 or barbmax44@yahoo.com.

CLUBS ARE FREE!

You are invited to join, at no extra cost, any of our LIR clubs by emailing or calling Barbara Barnard, LIR Club Coordinator, at sunfaire-barb@gmail.com or 896-9485. You can also call any of the clubs' facilitators.

If you are interested in starting additional clubs, such as crafts, investments, music, travel, or some other, please direct your suggestions to Barb.

CLUBS

Bocce Ball: Mondays, Sept-Nov & April-June

Two Sessions: 9 a.m. & 12:15 p.m.

Facilitator: Marla Clark, 405-650-2467

Location: Prison Brews, Ash Street

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, 893-4367 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

Creative Writers: 2nd Thursday, 10 a.m.—Noon

Facilitator: Denise Kliethermes, 395-4662 or

kliethermes@embarqmail.com

Location: LIR Classroom 8

Dominoes 1: 1st & 3rd Mondays, 10 a.m.– noon

Facilitator: Sue Alberti, 635-2436

Location: LIR Classroom 8

Jammers: 2nd & 4th Wednesdays, 10:30 a.m. - Noon

Facilitators: Barb Odneal, 634-2306 &

Jenny Smith, 230-8245

Location: Heisinger Bluffs Chapel

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

Facilitator: Janet Struempf, 619-3803

Location: LIR Classroom 8

Pitch: 1st & 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

Caller: Marilyn Miller, 636-8233

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, Summer 8:30 a.m.

Winter 9:30 a.m.

Facilitators: John & Ellen Richardson, 893-4909

Location varies

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 (2), Dominoes, Bocce Ball, Creative Writing, Scrabble, Canasta, Pinochle, Hiking/Walking, Pitch, Sketchers, Thread Heads, & Jammers*

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

COMMUNICATION.....*Semi-annual newsletter, LIR web site, 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; 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, L.U. campus*

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