



Adventures in Lifelong Learning Newsletter

Volume 10 Issue 3

Spring 2011

When I Was Younger...

I'd say, "*When I retire, I want to go back to school*", and my relatives would shake their heads and ask 'why?' Now, I'm retired and I'm not going to a school/college, as I did when I was younger, but *I am* going to school.

I started attending **ALL** before I retired because I was interested in the programs and speakers. This past fall, I realized I was attending 'school' in many ways, my lifelong learning that I desired was happening, but in ways I never dreamed.

If anyone had said that all this information, knowledge, and education would be available at high school graduation, let alone college graduation, I would not have believed them. I was taught this in libraries or involved global travel. Those words: iTunes, YouTube, Google did not exist!

There are so many 'schools' in Bemidji area community, that I can't attend everything that is offered free or at low cost. I am curious, I want to know things, many things, but the one thing that I did learn in college; it all connects sometime in my life. I am nourished and connecting now that I'm older.

A special thanks to Scotty Tesar for bringing her professional and volunteer life to **ALL**, with the medical programs, like "POLST", or "Guardian Ad Litum" and "Autism". These things were not taught to us, but now as grandparents and caregivers, we need to know, we need to keep learning.

Also, Art Lee, who was a professor of mine back in the day, can still turn a phrase, sing a song, dance a jig and inform me of a slice of American History that interests him enough to continue to prepare great lectures such as *The Wizard of Oz: A parable on populism*.

Sometimes each of us **ALL** board of directors only searches for a program and a name to present the program. Only after a program do we realize the peer-to-peer education. **ALL** presentations, not only stimulate and inform the listener, but also sharpen the skills and nourish the minds of the retired presenters. Community presenters are able to see that we want to know things, new things, and all things.

Make connections, nourish the mind, and let us keep learning for a lifetime.

By: Louis Jenkins, ALL Vice Chair

We Heard You! Can you Hear us!

In response to your comments on the evaluation sheets, the Adventures in Lifelong Learning Board agreed to upgrade our sound system. We purchased a new lapel microphone pack and remote receiver to replace the existing unreliable unit. We also purchased a second speaker to more evenly distribute sound throughout the room. Hopefully, in the future, we will not receive comments like this: "I think the presenter told a joke since everyone was laughing, but I couldn't hear what he said."

By: Ernie Rall, ALL Chair



If you are interested in sharing suggestions with members of the ALL Board of Directors, contact Optivation at 218-755-4900 or Optivation@bemidjistate.edu or talk to any board member at one of our spring presentations. A list of current ALL board members can be found on page 4

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Spring Schedule

All presentations will be held
10:00 A.M. to 11:00 A.M. – Presentation,
11:00 A.M. – 11:30 A.M. – Question & Answer
Optivation- A Joint Venture of BSU and NTC
3801 Bemidji Avenue, Suite 4
For Additional Information, Contact Optivation
218-755-4900

- Tuesday, March 1: Antarctica- A Personal View*- Dr. John Annexstad, retired professor, Bemidji State University
Come join Dr. John Annexstad as he speaks of his 21 visits to Antarctica – 10 of which were scientific expeditions looking for meteorites & representing NASA, and 11 visits while working as a lecturer on a cruise ship. This presentation will include photographs and a discussion on Antarctica.
*This session sponsored in part by Cruise Masters, Bemidji.
- Tuesday, March 8: Pain Management for Middle Age/ “Old” People - Dr. Williams Dicks, Sanford Health
Pain treatment at any age is difficult. The best treatment is therefore prevention. Discussing the many reasons (diagnoses) older people develop pain problems, most of which are preventable, these preventions will also be discussed. If chronic pain does develop, there are many avenues available to treat this, hopefully with minimal use of narcotics, which can be very harmful in elderly people.
- Tuesday, March 15: Gender, Bullying, and Harassment in School- Pauline Winge, Social Worker, Bemidji Middle School
Bullying has devastating effected on students, families, schools and communities. Come and learn about the current trends of this issue, what schools are doing to address it, and what community members can do to recognize the symptoms and support interventions.
- Tuesday, March 22: Intergenerational and Lifelong Learning and what BSU/ NTC is doing to Promote it- Dr. Richard Hanson, President, Bemidji State University and Northwest Technical College
Come join Richard Hanson, Bemidji State University and Northwest Technical College President speak about Intergenerational and Lifelong Learning and what Bemidji State University and Northwest Technical College is doing to promote it.
- Tuesday, March 29: Poor Farm- Cecelia McKeig, Beltrami County Historical Society
Come learn more about the history of the Poor Farm and the Paupers Cemetery. The who, what, where, how and why of the farm. Emphasize that our poor farm primarily served elderly and disabled lumberjacks who had no family in the country, but it also served local people who became disabled or sick and had no family who could take them in.
- Tuesday, April 5: Honey Bees “Honey! Bees in the Garden”- John Arneson and Les Hiltz, Beekeepers
What’s in those white boxes you see scattered about in fields during the summer? We’ll dissect a hive to find out and discover why beekeeping is exciting, enjoyable and how it benefits the environment while providing healthful honey. Learn honeybee terminology, how bees communicate, essential equipment and basic honeybee care. Decide if beekeeping is in our future.
- Tuesday, April 12: BiCAP Programming, Panel Presentation- Deb Allison, Executive Director, BiCAP
A panel of BiCAP presenters sharing information and answering questions regarding Head Start, Energy Assistance, Weatherization, Housing and Youth Build in Beltrami and Cass County.
- Tuesday, April 19: Camp Rabideau- Future and Present- Dan Evans, Director, U.S. Forest Service
The how and why Camp Rabideau was created during the Great Depression. What went on at the camp during the era of the CCC’s through 2006, when Camp Rabideau was designed a National Landmark. How a youth academy and learning center is utilizing Camp Rabideau today: creating pathways to jobs and higher education for youth and young adults. It is being used today for the same reasons and purposes it was created.

***ALL RESERVES THE RIGHT TO CANCEL OR ALTER THIS SCHEDULE.**

Bemidji's ALL Hosts Statewide Meeting

The Bemidji's ALL had the great opportunity along with NELL Bagley – Clearbrook – Gonvick and HCLL Park Rapids of hosting the MN Statewide Conference for Lifelong Learning this past October. The gathering included a social at the David Park House plus some more serious (and also humorous) sharing of ideas and learning at Optivation. Famous Art Lee, the “Wizard of Oz” Guy, served as the keynote speaker and got the conversations moving. John Arneson, “The Bee Keeper from Bagley”, followed with a historical update. Hard work was put in by the ALL board to lead the group in sessions covering innovative program ideas, funding sources (grant writing), updates on helpful websites, and sharing of “what works and what doesn’t work” in each other’s communities programs. It was an honor to show off our organization and our community.

The purpose of the Adventures in Lifelong Learning Fall Conference was to provide a forum for lifelong learning groups throughout the state to share ideas regarding programs and speakers, funding sources and publicity.

By: Nancy Brovold, ALL Board Member

Yes! I Would Like to Support ALL!

Enclosed is my gift:

_____ Friend \$20

_____ Contributor \$35

_____ Partner \$50

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_____ Benefactor \$100

Name: _____

Address: _____

Phone: _____

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*Email addresses are used for reminders and the ALL newsletter.

_____ I would like my donation to be listed as anonymous.

Please make checks payable to the Bemidji State University Foundation
With ALL in the Memo Line

Mail to: BSU Foundation, #17
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*The BSU Foundation is the fiscal agent for ALL.

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A joint venture of Bemidji State University *and* Northwest Technical College

#32

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Adventures in Lifelong Learning Advisory Board

Officers: Ernie Rall, Chair; Louis Jenkins, Vice Chair; Betty Magnan, Secretary

Members: Nancy Brovold, Betty Hanson-Lehman, Scotty Tesar, Al Yarnott

Thanks to ALL board members for your service to ALL learners!

Thank You to Our Generous Supporters!

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