

GOLD

COLLEGE AT SMSU

PROVIDING OPPORTUNITIES FOR ADULT LIFELONG LEARNING

What is GOLD College?

GOLD College is an exciting program that offers lifelong learning opportunities to adults in areas of personal interest.

Gold College is for you:

- Adults seeking learning opportunities, new interests, and social connections
- Open to all adults, with any level of education
- Non-credit, two-hour classes, held one day a week over a six-week term
- No grades, tests, or attendance
- Topics include: agriculture, art, critical thinking, current events, health, history, music, philosophy, writing and more

Gold College activities include:

- Guest speakers
- Kick-off events
- Educational field trips
- Social activities
- Local tours, museum visits, theatre events
- Informal luncheons and other events

We will follow CDC and SMSU guidelines regarding Covid-19 requirements. At this time, masks are no longer required.

FALL KICK-OFF EVENT

Wednesday, Sept. 14, 2022

William Whipple Gallery, 10:00 a.m.

McFarland Library, Bellows Academic,
Southwest Minnesota State University, Marshall, MN

Keynote Speaker: Christy Suprenant Riley

*"Don't be afraid to dream big.
You never know where your path will lead you."*

***Fall Session Classes Begin
Monday, September 19, 2022***

We look forward to an exciting session with you!



Our speaker:

Christy Suprenant Riley

Christy grew up near Slayton on a small farm where both her parents helped her appreciate a hard work ethic and how to think outside the box. In 1990, she got a dream phone call that sent her to Washington, D.C. for what she thought would be a fun couple of years. She ended up working for the Speaker of the House and had opportunities of a lifetime. After fifteen years in the city, she moved back home. She built a new career and family, and has fun raising draft horses on the side—all still part of the dream.



For more information, call (507) 537-6483 or email: GoldCollege@SMSU.edu

* Status as of time of mailing. For current COVID-19 requirements, please visit www.SMSU.edu

GROWTH OPPORTUNITY LEARNING DEVELOPMENT

Welcome to SMSU!

- Parking is available in any of the B Lots, particularly the northern-most B Lot.
- Park in any spot that is not designated as reserved.
- Parking permits are not required for the kick-off event.
- Enter at BA/CH link. Look for 🖱️ on the map.
- Greeters will welcome you at these doors.
- Presentation will be in the William Whipple Gallery located inside the SMSU McFarland Library, Bellows Academic building.

GOLD College thanks SMSU for their continuing support!



MONDAY

Sundown at Sunrise

The author will lead a discussion around a story of love and murder, based on a true tale from the early 1900s. This addictive story winds through many twists before ending in a deadly rampage that results in one of the most notorious ax murders in American history. The course will include the author's research, writing, and publication process, along with details of what is fact and fiction, backgrounds of characters and more. Plus, planning for another book! The book, *Sundown at Sunrise*, is required and can be ordered at www.sundownatsunrise.com or checked out from most Minnesota libraries.

Instructor: Marty Seifert '95

Mondays, 9:00-11:00 a.m. (Hybrid)

Intersex Education 101

Explore what intersex is, and what it is not, along with clinical aspects of 40 or so variations of intersex. Discover a wide historical range of Western and Non-Western and Indigenous cultures, groups, and individual accounts and examples of intersex from ancient Greece and Rome to Native American lens. Discover how this information can in a practical way offer unique insight into the lives of people who are diagnosed with intersex and how you can support their resilience. According to the Harvard Medical School: Estimates of incidence range from more than 1 in 100 to less than 1 in 5,000 births, suggesting a prevalence between 66,000 and 3.3 million people in the United States. For comparison, Down syndrome occurs in 1 in 800 births. Source: hms.harvard.edu/magazine/lgbtq-health/body-self. Participants can purchase *A Comprehensive Guide To Intersex*, by Jay Kyle Petersen, foreword by Christina M. Laukaitis, MD, PhD, Jessica Kingsley Publishers, London, 2021. Available at Barnes & Noble and Amazon. Appropriate for a broad audience from teens to adults, professionals, faculty, students, parents, allies and more. Taught by Jay Kyle Petersen, MSW, and SMSU alumnus from Minnesota who was born intersex and has taught intersex training since 2015 including for Brown University School of Public Health, and the upcoming El Rio Health Clinic, Tucson, Arizona. His paintings are in permanent donated installation at the SMSU McFarland Library. He graduated in BA: Art from SMSU, 1991 and MSW from Arizona State University, 2001.

Instructor: Jay Petersen '90

Mondays, 11:30 a.m. – 1:30 p.m. (Zoom Only)

Rural HealthCare 101

Avera Marshall Regional Medical Center delivers comprehensive health care and extensive medical specialty services to residents of southwestern Minnesota and surrounding areas. In this course, you'll learn the about the past, present and future of Marshall's healthcare resource through speakers and tours each week. Meet at the hospital main entrance lobby on day one. The next five week's schedule will be distributed at that time. Speakers may include: Debbie Streier, Regional President/CEO, Bobbi Jo Vandendriessche, Vice President of Patient Care Services/CNO, Tracy Deutz, Vice President of Operations, Beringia Zen, Vice President for Mission, and specialists from the Avera Cancer Institute at Marshall, Behavioral Health, Emergency Medicine, Access Health and more. Masks may be required in this setting.

Instructors: Avera Marshall Leadership Team

Mondays, 11:30 a.m. – 1:30 p.m. (First session In person at Avera Marshall on Wednesday, Sept. 21. Remaining sessions Hybrid at SMSU on Mondays.)

Write Your Own Story

Why let others tell your stories when you can share them in your own voice? Join us as we learn creative ways to write our memoirs for our loved ones to treasure and enjoy!

Instructor: Deb Ahmann '79

Mondays, 2:00 – 4:00 p.m. (Hybrid)

TUESDAY

Bowen on Broadway

For the past 35 years, Tyler Bowen '95, MS '08 has enjoyed musical theatre in Chicago, Minneapolis, New York City, and London and everywhere in between. During this interactive session (Tyler will not sing) learn about the storylines, performers and stagecraft of Tyler's top 50 musicals he has seen live.

Instructor: Tyler Bowen '95, MS '08

Tuesdays: 9:00 – 11:00 a.m. (Hybrid)

The United States in the 1930s

The class will focus on this critical decade of the 20th century when Americans faced the Great Depression and the growing threat of war around the world. The class will look at the dramatic change from 1920s prosperity to the sharp economic decline of the new decade; the impact of the Depression on people's lives and on American culture; the New Deal and the changing role of government; and the country's responses to an increasingly troubled world.

Instructor: Dr. Joan Gittens

Tuesdays, 11:30 a.m. – 1:30 p.m. (Hybrid)



Hybrid delivery allows participants to choose to attend either in person or via Zoom.

Art at the Box Office

When you watch a movie, have you ever noticed a famous work of art woven in with the plot? Art at the Box Office showcases some of these artworks, their artists and their stories. What about movie-making techniques that capture your imagination as you view a show? Discover some tricks of the trade that are an art in themselves.

Instructor: Pat Hand '77/'96

Tuesdays, 2:00-4:00 p.m. (In Person)

WEDNESDAY

Morning Meditation

Meditation is a wonderful way to reduce stress, increase self-awareness, and gain a new perspective on the world around you, but many don't know where to start! Join us to begin your own journey of meditation exploration. Students will learn basic mindfulness practices that are easy to follow and be guided through different meditation styles. Meditations include movement, writing, loving kindness, gratitude, sound, and chakra. If everyday stresses are piling up, take this time for yourself to relax and energize - you deserve it!!

Instructor: Veronica Fischer '11

Wednesdays, 9:00 a.m. – 11:00 a.m. (Zoom Only)

Two Great American Novels

Students will read, explore, discuss and experience *The Great Gatsby* by F. Scott Fitzgerald and *Of Mice and Men* by John Steinbeck. They will compare and contrast life during the Roaring 1920s with that of The Great Depression during the 1930s. Themes of both novels include The American Dream, friendship, love, power, classes in society and loneliness. Participants will need a copy of each novel and should read chapters 1-5 in *The Great Gatsby* before the first class meets.

Instructor: Janet Ellingworth

Wednesdays, 11:30 a.m. – 1:30 p.m. (Hybrid)

Criminal Justice 101

Justice Administration students and faculty BC Franson will explain the basics of the criminal justice process and highlight the tools used in sentencing. This course will be an opportunity to interact with SMSU students for a shared learning experience. Students will lead half of class through group discussions and Professor Franson will wrap up the session with Q/A. Gold College students will be asked to avail themselves for one on one interview assignments during the course which are designed to help improve SMSU students' communication skills.

Instructor BC Franson

Wednesdays 2:00 – 4:00 p.m. (Hybrid)



THURSDAY

Scandinavian flat plane carving/Tool sharpening and maintenance

The first session will be a sharpening tutorial. Material for the tutorial will be available for purchase. The remaining sessions will be flat plane carving of various figures such as tompete or nisse, dalla horse, etc. from cut out blanks of basswood, or linden, as Scandinavians call the wood. Cut outs will be available at nominal cost. Tools needed are a carving knife and a cut resistant safety glove. Band aids are optional.

Instructor: Don Fischer

Thursdays, 9:00 a.m. – 11:00 a.m. (In Person)

Oh Yes You Can Paint

This is a great class for you to try painting for the first time or continue on your artistic journey. All brushes, paint and other equipment needed, except for the canvas, will be provided so you don't need to invest in painting equipment right away. Canvases will be available to purchase at the opening kick off and at the first class. The long time members are helpful, supportive and creative. The group also likes to laugh! You will do some practice painting to get the feel of holding a brush and complete one or more paintings. So bring yourself, a canvas, and a desire to give painting a try.

Instructor: Dale Hiland

Thursdays, 11:30 a.m. – 1:30 p.m. (In Person)

My Favorite Lecture

If you want something different, this Study Group is for you! Each week, a different SMSU professor will share one of their 'favorite lectures.' This SMSU sampler will include topics from many different areas. There is something for everyone!

Instructors: Eric Doise, English; Michael Hofstetter, History;

Christine Olson, Psychology; Amanda Sieling, Justice

Administration; Heather Rickgarn, Marketing and Management

Thursdays, 11:30 a.m. – 1:30 p.m. (Hybrid)

Ceramics

Enjoy the creativity of designing your own handmade clay artworks. Students have the opportunity to hand-build ceramic containers, plaques, sculptures and even beads. Using a potter's wheel to make bowls or other vessels is also an option (not required). Have fun getting your hands dirty!

Instructor: Pat Hand '77/'96

Thursdays, 2:00 – 4:00 p.m. (In Person)

From GI's to Gen Z – Generations in America

Baby Boomers. Millennials. Gen Z. Have you ever looked at someone older or younger and just shook your head because you didn't understand their view of the world or society? Do you want to better understand your children, grandchildren, neighbors and friends? We will discuss generational theory and also pop culture to understand what shapes generations in the US and around the world and help us to bridge the gap in work, social views, and relationships with the different generations. Come ready to learn about your own generation and the events that shaped it; and also share your stories of your life and interacting with others as we strive to learn how to build a culture that understands and appreciates the talents that each generation brings to the US and our world.

Instructor: Michael Kurowski

Thursdays, 2:00 – 4:00 p.m. (Hybrid)



Fall 2022 Registration

Name _____ Email _____

Street _____ Phone _____

City _____ State _____ Zip Code _____

Choose up to 4 different classes for the same price, \$110. Option to add additional classes, \$10.00 each. Prioritize your class selections 1-4 in the boxes; with 1 being your first choice. We will make every effort to honor your first two choices. Other courses are filled on a first come, first served basis. Participants can choose to attend Hybrid classes, either In-Person or through Zoom. Classes offered Zoom Only and In Person are noted below. The same price (up to 4 different classes for \$110) applies for all classes: Hybrid, In Person, and Zoom Only. Some courses will include nominal fees for supplies.

| Time/Day | Monday | Tuesday | Wednesday | Thursday |
|----------------|---|--|---|---|
| 9:00-11:00am | Sundown at Sunrise Marty Seifert '95 Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom | Bowen on Broadway Tyler Bowen '95/'08 Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom | Morning Meditations Veronica Fischer '11 <input type="checkbox"/> Zoom Only | Scandinavian Flat Plane Carving/Tool Sharpening Don Fischer <input type="checkbox"/> In Person Only |
| 11:30am-1:30pm | Intersex Jay Peterson '90 <input type="checkbox"/> Zoom Only Rural HealthCare 101 Avera Marshall First Session In Person at Avera, Wed. Sept. 21 Hybrid, choose one: <input type="checkbox"/> In Person at SMSU <input type="checkbox"/> Zoom | The United States in the 1930's Dr. Joan Gittens Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom | Two Great American Novels Janet Ellingworth Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom | Oh Yes... You Can Paint! Dale Hiland <input type="checkbox"/> In Person Only My Favorite Lecture Six SMSU Faculty Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom |
| 2:00-4:00pm | Write Your Own Story Deb Ahmann '79 Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom | Art at the Box Office Pat Hand '77/'96 <input type="checkbox"/> In Person Only | Criminal Justice 101 BC Franson Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom | Ceramics Pat Hand '77/'96 <input type="checkbox"/> In Person Only From GI's to Gen Z Michael Kurowski Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom |

Alternate/Additional choices: _____ or _____

Parking permits are required in all SMSU parking lots. If you are new to GOLD College, complete the information below:

Car Make/Model _____ Year _____ License Plate # _____ State _____

Parking fines will be charged for ALL vehicles not displaying a current SMSU parking permit.

If you lose or misplace your permit, a replacement is available from Public Safety for \$5.00

Please include your payment of \$110.00 (for up to four classes).

Make check payable to SMSU and remit to: GOLD College, SMSU Foundation, 1501 State Street, Marshall MN, 56258

Any course fees to cover supplies will be paid directly to instructors.

Questions? Call 507-537-6483 or email: GoldCollege@SMSU.edu



1501 State Street
Marshall, Minnesota 56258

NEW for FALL
GOLD College Field Trip
Pipestone on Oct. 14
(See details on back)

Fall 2022 SMSU GOLD College Field Trip
Pipestone, Minnesota
Friday, October 14, 2022

- 1:00 p.m. **Depart from SMSU**, Social Science parking lot (north end of campus)
2:00 p.m. **Pipestone National Monument**
4:00 p.m. **Pipestone County Museum and guided bus tour of Pipestone**
5:00 p.m. **Fort Pipestone Museum and Store**
6:00 p.m. **Stone House Quarry**, pasta and salad buffet (alcohol not included)
7:30 p.m. **Pipestone Performing Art Center**

"It's A Wonderful Life," Presented by the Calumet Players

Don't touch your dial! America's favorite holiday classic is live on stage at a snowbound 1940s radio station, with every memorable character, wacky sound effect, and the heartwarming conclusion of the iconic film recreated live before your ears—and eyes! With humor and humanity, George Bailey's tale of love, loss, and redemption mixes an exuberant cast and a wealth of seasonal songs into a radio days hit come to life!

Registration deadline: October 1, 2022.

\$80 per person non-refundable but transferable full payment due.

Note: Field trip is limited to first 30 registered.

Open to GOLD College members and guests.

Cost includes transportation, show, meal, and tour guides.

Complete the form to the right, clip and return by October 1
with \$80 check made payable to SMSU Foundation
with "GOLD College Field Trip" on memo line.

Send to: SMSU Foundation, 1501 State Street, Marshall, MN 56258

Pipestone GOLD College Field Trip

Participant:

Name _____

Email _____

Street _____

City _____

State _____ Zip Code _____

Email _____

Emergency Contact:

Name _____

Phone _____

Relationship* _____
*(Family member, neighbor, spouse, friend)

Number attending (\$80 per person) _____

Guest:

Name of Guest _____

Guest Emergency Contact:

Name _____

Phone _____

Relationship* _____
*(Family member, neighbor, spouse, friend)



GOLD: Growth, Opportunity, Learning, Development