

# 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

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

### GROWTH OPPORTUNITY LEARNING DEVELOPMENT

**Fall Kick-off Event: Wednesday, September 13, 2023**

**William Whipple Gallery, 2:00pm**

McFarland Library, Bellows Academic,

Southwest Minnesota State University, Marshall, MN

Parking permits are no longer required at SMSU

#### Keynote Speaker: Tom Williford

#### *Conspiracy Theories and Political Violence: Colombia Yesterday and the U.S. Today*



Conservatives claiming that Liberals can only win through electoral fraud and that once in power, they are hopelessly corrupt, beginning with the son of the president. Liberals are also supposedly in league with cosmopolitan Jews and communists to destroy Christian civilization.

Meanwhile, many Liberals believe that

Conservatives, inspired by authoritarian and fascist regimes around the globe, want to take the nation back to feudalism.

That was the rhetoric in Colombia eighty years ago, on the eve of La Violencia, a bloody civil conflict between the two traditional political parties, the Liberal and the Conservative—yet these

words are strikingly similar to what we hear in the U.S. today. Two hundred thousand were killed before Colombian party leaders finally hammered out a power-sharing agreement in 1958 ending the worst of La Violencia. However, Colombia is still enormously affected by this spasm of assassinations and massacres. To what extent will inflammatory political rhetoric in the U.S. lead to a similar outbreak of political violence? What lessons can we learn from Colombia on how we can prevent that outcome?

Prof. Williford has taught Latin American and world history at SMSU since 2005, including several courses in Gold College.

He has published a book and several articles examining the political history of Colombia in the 1930s and 1940s, and just returned from a year-long sabbatical in Bogotá where he prepared a new manuscript in English on this theme.

Born and raised in the Adirondack Mountains of northern New York, Prof. Williford has a BA in history from Georgetown University, an MA in Colombian History from the Universidad Nacional in Bogotá, and a PhD in Latin American History from Vanderbilt University.

## 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!**





## **Fall 2023 Courses**

### **September 25 - November 3, 2023**

#### **MONDAY**

##### **Zumba**

Staying healthy takes work...

...but you should have fun doing it! A low-impact, dance inspired workout set to energetic music. Great for any age, fitness or experience level.

**Instructor: Chad Conway '16**

**Mondays, 11:30-1:30pm (In-Person)**

##### **Public Speaking**

The number 1 fear, besides death and taxes is public speaking. Many persons are afraid of being judged. In this class you will learn how to give and evaluate speeches, you will also improve your extemporaneous speaking by giving table topics. You will also learn to improve your leadership skills by fulfilling meeting roles such as speaker and evaluator.

**Instructor: Mike Runholt**

**Mondays, 2:00-4:00pm (Hybrid)**

#### **TUESDAY**

##### **Finding Joy**

Our life journeys are most enriched when we discover what brings us joy. Throughout this course, an entertaining and knowledgeable variety of guests will share how they discovered their joy. Class members will also be invited to share their own joyful experiences, if they wish. We hope you will choose joy and join us!

**Instructor: Deb Ahmann '79**

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

##### **The American Revolution and Constitution**

The American Revolution will cover the time from 1763 to 1789: the crucial decade leading up to the Revolution, the war itself, the establishment of the new republic, and the writing and ratification of the Constitution. What did Americans see themselves doing when they decided to establish a republic? How did they win their independence from the strongest country in the world? And how, having won the war, did they launch their new and perilous experiment?

**Instructor: Joan Gittens**

**Tuesdays, 11:30am-1:30pm (Hybrid)**

#### **WEDNESDAYS**

##### **Seasons of Life Through Literature**

Through literature, this course parallels the different seasons of nature with the various seasons/stages of life. Students will experience pioneer life in Nebraska during the late 1800s as they read MY ANTONIA by Willa Cather. They will also experience life in rural Vermont during the 1920s as they read A DAY NO PIGS WOULD DIE by Robert Peck. Students need to have their own copy of both novels. Interwoven throughout the course will be excerpts on the different seasons of life as shared by the instructor from THE WISDOM OF MORRIE by Morrie Schwartz.

**Instructor: Janet Ellingworth**

**Wednesdays, 9:00-11:00 (Hybrid)**

##### **A Life of Memories – Little Golden Books**

Many of us were raised with this charming genre of children's books. This interactive class will provide opportunities: to learn about the history of Golden Books; to study some great authors and illustrators; to discuss the biases and controversies embedded in these books; and to share your stories about favorite Little Golden Books. The facilitator/"Golden Book enthusiast" has been collecting for 15 years, amassed a large collection, given presentations since 2015 and has grown to love these books even more than in her childhood. Through this exciting hobby, she has come to believe that everyone has a Golden Story. Be ready to revisit fond emotions and memories of your own childhood. (milk and cookies optional)

**Instructor: Dr. Ellen L. Radel**

**Wednesdays, 11:30 a.m.-1:30 p.m. (In-Person)**

##### **Adventures on the Prairie: Lecture/ Outdoor Adventures**

Discovering the prairies of southwest Minnesota can be a fun, educational adventure! This six-week series explores different ways to safely engage with the outdoors, and learn about resources in our own backyards. Participants can expect fireside conversations, outdoor exploration, and hands-on education opportunities as we learn about the tall grass prairie ecosystem, migratory birds, fall/winter animal adaptations, and so much more.

**Instructor: Katie Chapman '08**

**Wednesdays, 2:00-4:00pm (In-Person)**

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

## **THURSDAYS**

### **Exercising**

Interested in exercise but not sure where to start? Learn about a new piece of equipment each week and how to properly use it. You'll leave each class with the knowledge to complete these workouts on your own! This class is great for a beginner who wants to expand their horizons on bringing exercise to the next level and making it fun!

**Instructor: Katie Serbus '15**

**Thursdays: 9:00-11:00am (In-Person)**

### **My Favorite Lecture**

This class features six different SMSU faculty and staff on topics of special interest to them.

Sept. 28: Lloyd Petersen "Women on the Homefront in World War II"

Oct. 5: Tony Amato "Bees on the Brink: Honey Bees and their Overlooked Roles in Our World"

Oct. 12: Michele Knife Sterner "Indigenous History, Culture, and Spirituality"

Oct. 19: Amanda Sieling "How the Courts Work"

Oct. 26: Will Thomas "How Accounting Can Change the World: From Accounting to Sustainability"

Nov. 2: Marcy Olson '93 "Thirty Years of Graphic Design at SMSU"

**Thursdays, 11:30am-1:30p (Hybrid)**



### **Acrylic Painting Class**

"I can't paint!" Words that many people say when they think about joining a painting group or taking a class. I say, "Yes you can paint"! This group will start you on your artistic journey. You will produce at least one work of art to proudly hang in your home and other projects as time permits. Art takes practice. Perfection is not allowed. You need to bring yourself and a willingness to try something new or continue to develop your artistic talent. The members of the group are supportive, helpful and like to laugh. The long-time artists have not forgotten how it felt to hold a brush for the first time and move paint on the canvas. They are willing to offer helpful hints and ideas if you ask them. The tools needed to complete a painting are available for use throughout the sessions. Paint will also be available, or you may bring your own. You will need to purchase an 11"X14" wrapped canvas. Canvases will be available at the first class. You may also bring your own. Come spend some time with a great group of people and amaze yourself with what you can create. Your new hobby could begin here!

**Instructor: Dale Hiland**

**Thursdays, 11:30am-1:30pm (In-Person)**

### **How to Improve Your Mental Wellbeing**

We all experience stress in our lives in a variety of different forms. Stress impacts everyone's physical and mental wellbeing that has adverse side effects. There is no absence of stress in life, more so looking for different ways to cope with those stressors. In this class students will learn new strategies, skills, and tools to use for managing stress and improving their mental wellbeing.

**Instructor: William Sturgeon**

**Thursdays, 2:00-4:00 (Hybrid)**



**Dale Hiland Painting Class Spring 2023**



## Fall 2023 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. 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		<b>Finding Joy</b> Deb Ahmann '79 <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	<b>Seasons of Life Through Literature</b> Janet Ellingworth <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	<b>Exercising</b> Katie Serbus '15 <input type="checkbox"/> In Person
11:30am-1:30pm	<b>Zumba</b> Chad Conway '16 <input type="checkbox"/> In Person	<b>The American Revolution and Constitution</b> Dr. Joan Gittens <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	<b>A Life of Memories – Little Golden Books</b> Dr. Ellen L. Radel <input type="checkbox"/> In Person	<b>My Favorite Leture</b> Multiple Instructors <input type="checkbox"/> In Person <input type="checkbox"/> Zoom  <b>Acrylic Painting Class</b> Dale Hiland <input type="checkbox"/> In Person
2:00-4:00pm	<b>Public Speaking</b> Mike Runholt <input type="checkbox"/> In Person <input type="checkbox"/> Zoom		<b>Adventures on the Prairie</b> Katie Chapman '08 <input type="checkbox"/> In Person	<b>How to Improve Your Mental Wellbeing</b> William Sturgeon <input type="checkbox"/> In Person <input type="checkbox"/> Zoom

Alternate/Additional choices: \_\_\_\_\_ or \_\_\_\_\_

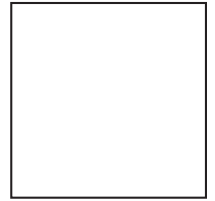
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1501 State Street  
Marshall, Minnesota 56258



Growth. Opportunity. Learning. Development.

We are always looking to offer more classes on a variety of topics. If you are interested in teaching or know someone who would make an excellent teacher, contact us at [Alumni@SMSU.edu](mailto:Alumni@SMSU.edu).