

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

SPRING KICK-OFF EVENT

Wednesday, March 8, 2023

William Whipple Gallery, 2:00 p.m.

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

Parking permits are not required for the kick-off event.
Schedules and parking permits available to pick-up after keynote.

Keynote Speaker: Cassie Williams

"What is Your Story?"

What is the story you tell others about your journey? How do our roles and responsibilities change the trajectory of our lives? Cassie will talk about her journey of overcoming obstacles and how our personal stories are both vital to achieving our goals and helping others find their path.

Cassie is an SMSU alumna, a poet, and educator. Having an extensive background in social justice, community and youth programming, she is currently a Labor Educator at Labor Education Service in Carlson School of Business at the University of Minnesota. Being raised in St. Paul, MN, she spent 10 years of her life in Marshall, Minnesota, where she engaged in rural work focused on equity and inclusion, rural and urban partnerships and art organizing. As a wife and mother of five children, Williams is currently sharing her journey of balancing (or not) being a writer, educator and mother on Instagram and Facebook under the name Poetess Unbound.

SPRING SESSION

CLASSES BEGIN

MARCH 20, 2023



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

Intersex

It is estimated that between 1-2,000 people are born intersex and even as frequently as 1-200. 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.

Instructor: Jay Petersen, '90/MSW '01

Mondays, 9:00–11:00 a.m. (Zoom Only)

"Senior" English in Six Weeks!

Now that we are truly "seniors," let's briefly revisit those genres our 12th grade English teachers led us through on our way to graduation! Short story, poetry, drama, speech, nonfiction, grammar...we will sample one genre a week in a quick and fun review. *Note: we will be watching speeches, not delivering them!*

Instructor: Deb Ahmann '79

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

From Ivan to Putin: The History of Russia

This class will present an overview of Russian history from earlier times to the present. We'll talk about how Moscow came to dominate Russia, the rise and fall of serfdom, Peter and Catherine the Great, and of course the Soviet era and its aftermath. Lastly, we will examine the how and why of Putin's invasion of Ukraine.

Instructor: Dr. Mike Hofstetter

Mondays, 2:00–4:00 p.m. (Hybrid)

TUESDAY

Strong for Life - How to Restore Your Strength

Learning how to be strong for life isn't about lifting weights and doing rigorous exercise. Strength is a skill that anyone can learn no matter your age, size, or experience. Being strong for life is a combination of a variety of different practices blended together. In this class students will learn an introduction of the theory and application of current science based principles to help them improve their food choices, stretching, balance, strength, breathing, and mindfulness.

Instructor: William Sturgeon '17

Tuesdays: 9:00–10:30 a.m. (Hybrid)

Favorite American History Documentaries

The idea of this class is to show some documentaries on various topics in American History, drawing especially from the films available at the SMSU library. Many of these films are "vintage" and are not easily accessible. In general, I plan to show the documentaries in the first hour and have discussion in the second hour. A few of the films are longer than an hour. The films on the list include "After The Mayflower" from "We Shall Remain: America through Native Eyes"; "A Midwife's Tale" from The American Experience series; "Abraham Lincoln Revealed" from Bill Moyers' Journal; "One Woman, One Vote" from PBS; "JFK and LBJ: A Time for Greatness" from PBS; Ken Burns, "The Mayo Clinic: Faith, Hope and Science."

Instructor: Dr. Joan Gittens

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

First Fabulous Fifty Years of 20th-Century American Art

Explore a wonderful array of U.S. art, including Craftsman and Art Nouveau styles, Ashcan School, WWI art/design, vibrant Harlem Renaissance, streamlined Art Deco, Precisionism, Regionalism, Social Realism, WPA artworks, WWII art/design and Abstract Expressionism.

Instructor: Pat Hand '77/'95

Tuesdays, 2:00–4:00 p.m. (In Person)

WEDNESDAY

Shared Readings: Assassination of Fred Hampton

Join SMSU students as they discuss the book, The Assassination of Fred Hampton. This class will highlight issues within the justice system then and now, touch on evidence collection and preservation as well as give some insight into the trial process. Books available for purchase at the campus bookstore.

Instructor: Dr. BC Franson

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

Life Lessons Through Literature

This course provides students with positive, uplifting experiences as they read Tuesdays With Morrie by Mitch Albom and A Man Named Ove by Fredrick Bachman. One particular lesson explores the importance of learning how to give out love and how to let it come in. Another lesson highlights the profound impact one life has on countless others. Through the introduction of a variety of life lessons, both books motivate, challenge, and entertain.

Instructor: Janet Ellingworth

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



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

Adventures on the Prairie

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, from hiking to identifying prairie wildlife. Participants can expect fireside conversations, outdoor exploration, and hands-on learning opportunities as we learn about the tall-grass prairie ecosystem at Shetek Environmental Learning Center.

Instructor: Katie Chapman '08

Wednesdays 2:00–4:00 p.m. (In Person)

Meet Marshall (in-person only)

This class is an invitation to learn more each week about the city of Marshall, structure, amenities and features. Sharon Hanson will kick-off the first week. Other city leaders Sharon works with will present in weeks following. Sharon is starting her 5th year as Marshall City Administrator. Her past work includes over 20 years in the public sector with various leadership roles. Sharon also participates in community through Marshall Sunrise Rotary serving as their President since July 2020. Following weeks will be led by city leaders ready to share their roles and efforts behind cultivating growth in the regional hub of Marshall.

Instructors: Sharon Hanson and City Staff

Wednesdays 2:00–4:00 p.m. (In Person)

THURSDAY

Woodcarving – Elf/Gnome houses

Design your own elf or gnome house and maybe even create a little village. A carving knife and cut resistant glove will be needed. Small gouges will be helpful. (Band-Aids and tourniquets are optional.) Materials and paints will be provided by the instructor.

Instructor: Don Fischer

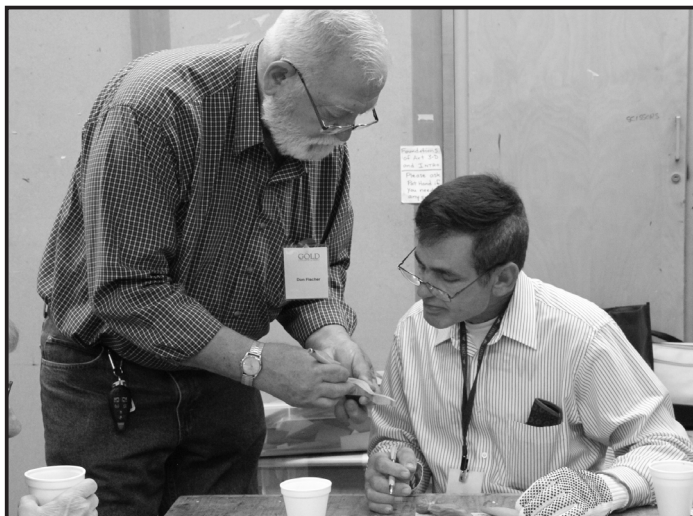
Thursdays, 9:00 a.m.–11:00 a.m. (In Person)

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)



Unsung Heroes: Underappreciated People in American History

This class will present six different historical figures who made major contributions to American history in a variety of ways but who are not familiar figures to most people in 2023.

Instructors: Joan Gittens, Daniel Rieppel, Jeff Kolnick, Lloyd Petersen, Alyssa Anderson

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

Ceramics

Make, decorate, glaze and fire your own unique clay creations. Options may include: making hand-built clay vessels, clay sculptures or plaques, and working on a potter's wheel. Have fun getting your hands dirty!

Instructor: Pat Hand '77/'95

Thursdays, 2:00–4:00 p.m. (In Person)

Continuing Your Cultural Journey: Cultural Intelligence, Competency & Dimensions

Have you ever wanted to visit another country or have a conversation with someone who is different than you but didn't know where to start? Have you avoided discussing certain hot button issues (religion, politics, immigration, etc.) for fear of offending someone? Have you marveled at a friend who can be comfortable in any situation with someone who is different than they are? Do you want to learn the truths about individuals wanting to come to the US? (as opposed to the fear based and untruthful information found in much of the media now). Would you like to meet some individuals that are different from you to start your cultural journey? Please join me as we discuss the topics of Cultural Competency, Cultural Intelligence, and Cultural Dimensions and learn how you can strive to talk with someone different, perhaps visit another country someday, and have a mutual understanding and appreciation of their culture while cherishing and sharing your own. You will even get a chance to visit (during part of the last session) with some international students @ SMSU who will share their experiences in America and in their home country.

Instructor: Michael Kurowskiv

Thursdays, 2:00–4:00 p.m. (Hybrid)

FRIDAY (NEW THIS SEMESTER)

American Heart Association Healthy for Life

(FREE & not counted as a course selection)

These six, one hour, Healthy for Life classes are for anyone interested in learning ways of integrating healthy cooking and eating into their lives. The classes offer both techniques and recipe ideas designed to help anyone make healthy changes in the ways they shop, cook, and eat. The classes are offered by a facilitator trained by the American Heart Association who has had made many of these changes herself and is passionate about helping others succeed.

Instructor: Dr. Teresa Henning

Fridays, 10:00–11:00 a.m. (Zoom Only)

Our Place In Space

Have you ever looked up into the night sky and wonder what's out there or how it all works? How far away are the stars we see at night? This course will take you on a journey beyond the Earth. If you could drive your car upward at road speed it would be about an hour's drive to get you out of Earth's atmosphere and into space. We will begin at home and end up at the furthest reaches of deep space that we've been able to see through our most powerful telescopes. Come join us at the SMSU Planetarium on this amazing and beautiful journey!

Instructor: Dr. Ken Murphy

Fridays, 1:00–3:00 p.m. (In Person)



Spring 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	Intersex 101 Jay Petersen, MSW '90 <input type="checkbox"/> Zoom	Strong for Life William Sturgeon '17 9-10:30 a.m. Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	Shared Readings: Assassination of Fred Hampton Dr. BC Franson <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	Woodcarving – Elf/Gnome Houses Don Fischer <input type="checkbox"/> In Person Only
11:30am-1:30pm	Senior English in 6 Weeks Deb Ahmann '79 Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	Favorite American History Documentaries Dr. Joan Gittens Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	Life Lessons Through Literature 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 Unsung Heroes Six SMSU Faculty Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom
2:00-4:00pm	The History of Russia Dr. Mike Hoffstetter Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom	First Fabulous Fifty Years of 20th Century American Art Pat Hand '77/'95 <input type="checkbox"/> Zoom	Adventures on the Prairie Katie Chapman '08 <input type="checkbox"/> In Person Meet Marshall Sharon Hanson & City Staff <input type="checkbox"/> In Person	Ceramics Pat Hand '77/'96 <input type="checkbox"/> In Person Only Cultural Intelligence, Competency & Dimensions Michael Kurowski Hybrid, choose one: <input type="checkbox"/> In Person <input type="checkbox"/> Zoom

American Heart Association Healthy For Life (FREE & not counted as a course selection)
Dr. Teresa Henning Fridays 10:00-11:00a.m. ☐ Zoom Only

Our Place In Space Dr. Ken Murphy
Fridays 1:00-3:00p.m. ☐ In Person

Alternate/Additional choices: _____ or _____

Parking permits are required in all SMSU parking lots. 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.

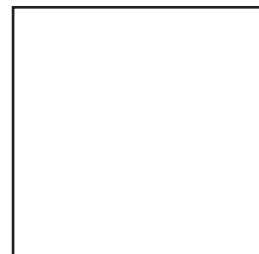
Please include your payment of \$110.00 (for up to four classes).

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



SMSU GOLD College Apparel

Crewneck Sweatshirt

\$20 Each - Payable to SMSU GOLD College.

Include your payment with your registration payment.

Available at to pick up at Kick-Off and throughout Spring Session.

Circle Size

XS S M L XL XXL XXL



GOLD: Growth, Opportunity, Learning, Development