

# 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

### *Gold College is back on campus!*

*We will follow CDC and SMSU guidelines regarding Covid-19 requirements.*

## SPRING KICK-OFF EVENT

Thursday, March 10, 2022

Charter Hall at 10:00 a.m.

Keynote speaker begins at 10:00 a.m.

at Southwest Minnesota State University, Marshall, MN

Schedules and parking permits available to pick-up after keynote.

Parking permits are not required for the kick-off event.

*Masks required on campus. Vaccinations encouraged.\**

### *Spring Session Classes Begin Monday, March 14, 2022*

*We look forward to an exciting session with you!*



#### KEYNOTE:

**SMSU President Kumara Jayasuriya**

*Dr. Jayasuriya began as President of Southwest Minnesota State University in July 2019 and found himself navigating the challenges that a global pandemic brought to his first year. He uses meditation to help bring balance and calm to his busy life.*



For more information, call (507) 537-7164 or email: [GoldCollege@SMSU.edu](mailto:GoldCollege@SMSU.edu)

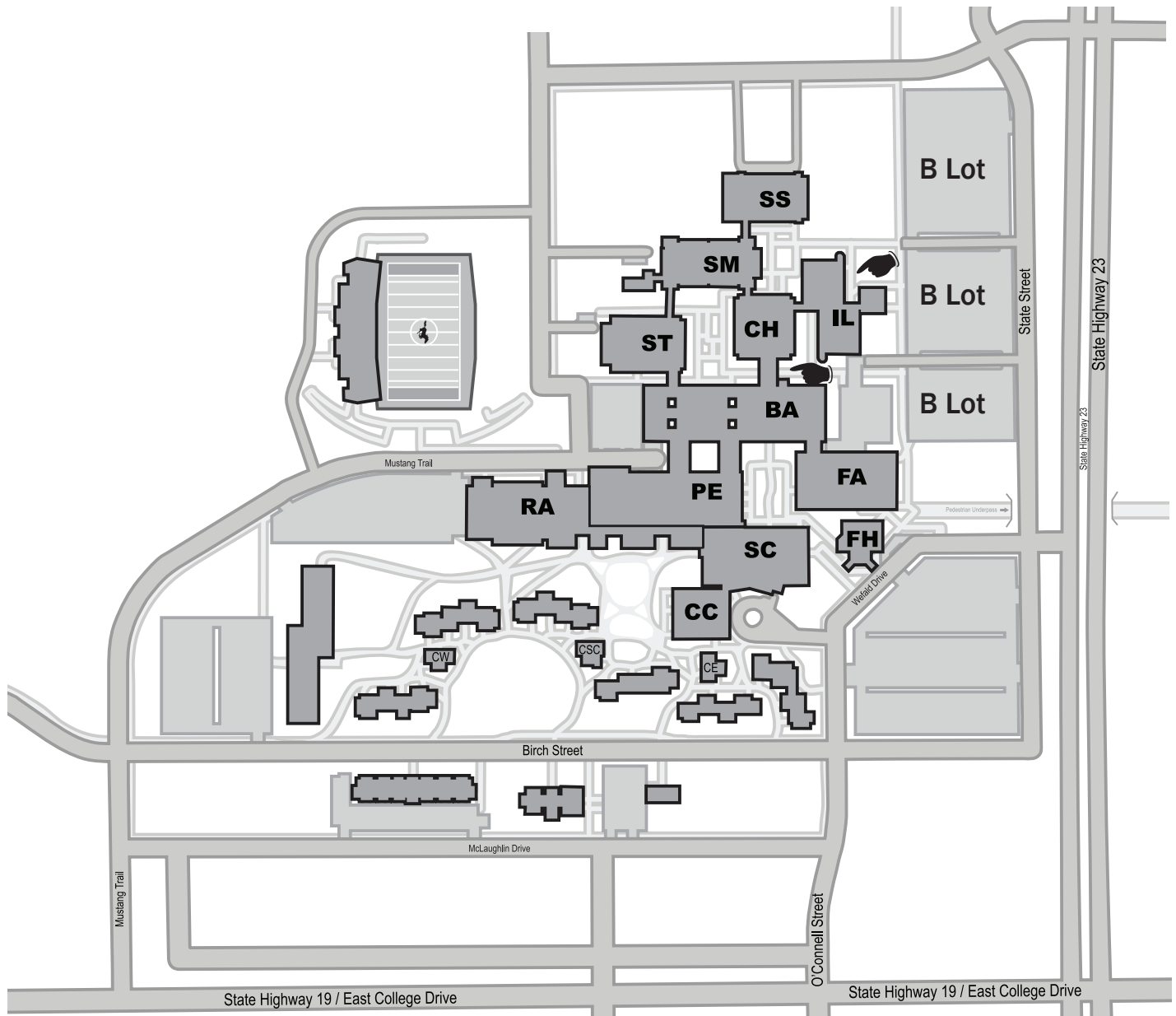
*\* Status as of time of mailing. For current COVID-19 requirements, please visit [www.SMSU.edu](http://www.SMSU.edu)*

## GROWTH OPPORTUNITY LEARNING DEVELOPMENT

# Southwest Minnesota State University!

**Presentation** will be in Charter Hall (CH) at SMSU.

**General Parking:** Park in any of the “B” Parking lots. Generally more space is available in the north end of the “B” lots. Watch for the “Gold College” or “Event Parking” signs. Enter Charter Hall (CH) or the Individualized Learning Center (IL). See 🖱️ on map below. Greeters will be waiting to welcome you at these doors.



Watch for parking signs and greeters for directions.

Parking permits are NOT required for this event.

You are welcome to park in the B Lots in any space that is not designated as reserved.

**GOLD College thanks SMSU for their support!**

**MONDAY**

**Understanding Agriculture and how it impacts you (in-person and via Zoom)**

**9:00-11:00**

*Rachel Raths '13, Microbiology and Regulatory Affairs Manager at Ralco with Brandon Rodriguez, Dr. Tim Broderick*

We will discuss the importance of agriculture in our daily lives. Agriculture benefits every individual and can have a beneficial impact on the environment as well. We will discuss the science behind improving soil, plant, and animal health and how focusing on natural approaches can be beneficial for the farmer and the consumer. We will also discuss how federal regulations impact the speed of innovation and the future direction of carbon farming.

**The Power of Thinking Better (in-person and via Zoom)**

**11:30-1:30**

*Dr. Jim Walters '90*

The course is designed to introduce the learner to several essentials for thinking effectively. The first three sessions are designed to establish a common body of knowledge. The remaining three sessions are devoted to applying what was learned. Content will be taught using mostly student activities and discussion in all six sessions. The expected outcomes include learners who experience several aha moments and the motivation to begin or improve management of their thinking.

Building the Foundation of Knowledge

Session #1 – Thinking; the levels of thinking; living and dying edges and how to learn.

Session #2 – Weak and strong thinking and defensive reasoning.

Session #3 – Blocks to strong thinking; egocentric vs. fair-minded thinking; and emotional intelligence.

Application for Achieving Higher-Level Thinking

Session #4 – Feedback loops; the Pain of Intellectual Growth; and Towards Success vs. Away from Failure Thinking.

Session #5 – The elements of reasoning and the standards for thought.

Session #6 – Your plan for improving your ability to think well.

**Pottery (in-person only)**

**2:00-4:00**

*Pat Hand, SMSU Adjunct Professor*

Students will work with clay to create their own unique hand-built pottery forms. These will be dried and fired in a kiln to bisque temperatures, then glazed and fired again to the glaze temperature. Working on a potter's wheel may be an additional option. Limit to 15 people. Additional course fee is \$5 for cost of supplies.

**TUESDAY**

**Living a healthy, balanced lifestyle (in-person and via Zoom)**

**9:00-11:00**

*Dr. Casey Paluch '13*

Health is about so much more than how you feel. It is also about how your body is functioning. Learn more about how to help support your body daily to live a healthy lifestyle.

1. What does health mean to you? Learn how your body works and a brief overview of basic daily habits to help you live a healthier lifestyle. Nervous system function and how it controls everything in your body and how you're feeling.
2. Inflammation in the body can cause a lot of health issues. Learn about inflammation and ways to decrease it in the body.
3. Basics about nutrition and diet. Basics about supplements to help support your body daily and when you are feeling sick. About the Immune system and ways to help your body to work more efficiently.
4. Basic daily exercises and stretches. Home care that helps your body feel great.
5. Toxins in our environment and choosing healthier options for your home.
6. Recap & Stress reduction technique. Living the lifestyle that you love and finding what works best for you.

**To Kill a Mockingbird (in-person and via Zoom)**

**11:30-1:30**

*Jan Ellingworth*

The readers will enter into the world of Alabama in the 1930s as Harper Lee writes about many issues that are as relevant today as they were 90 years ago. Those themes involve prejudice, family life, courage and the need for compassion and a conscience. This riveting piece of classic American literature shows what happens to a community when it is forced to face the consequences of racism inherent in many of its inhabitants. Students need to have their own copy of the novel.

**Marshall History Through the Decades: Celebrating 150 Years (in-person and via Zoom)**

**2:00-4:00**

*Jennifer (Scheffers) Andries '08, Executive Director, Lyon County Historical Society Museum*

In 1872, a group of railroad surveyors planned the town of what would be named Marshall in the middle of Lyon County. 150 years later, a town that started out as just a series of stakes set into the tough prairie sod has grown into a regional economic center in southwest Minnesota. This class will explore what the area was like before the white settlers arrived, how Marshall was established, and significant events in Marshall's history over the last 150 years. Stories, photographs, and artifacts from the Lyon County Museum's collection will help share the story of Marshall.

## WEDNESDAY

### Wood Carving (in-person only)

9:00-11:00

*Don Fischer*

Discover the world of wood carving! Choose a project based on your skill level. A simple carving project for the beginners, or a small figure for those with some carving experience. The experienced carvers will be challenged carving a whimsical gnome house or other playful building such as an outhouse. Knives and cut-resistant gloves will be available for purchase.

### American Civil War (in-person and via Zoom)

9:00-11:00

*Dr. Lloyd Petersen, SMSU Professor Emeritus*

There were huge events in history which have tested our country and the Civil War was one of the most challenging and transformational. In our class, we will look at the causes and consequences of the Union and the Confederacy army's actions, as well as long-term economic and intellectual impact of this war. We will also discuss the conspiracy and killing of Abe Lincoln.

### American Heart Association Healthy for Life (ZOOM only, no cost)

10:00-11:00

*Dr. Teresa Henning, SMSU Professor*

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.

### Showtime: Some Favorite American History Documentaries (in-person and via Zoom)

11:30-1:30

*Dr. Joan Gittens, SMSU Professor Emerita*

The idea of this class is to show some hour-long documentaries on various topics in American History, drawing from Dr. Gittens' personal collection and the films available at the SMSU Library. Many of these films are "vintage" and are not easily accessible. We will view the documentaries in the first hour and have discussion in the second hour. Some films on the list include an American Experience biography of courageous black journalist Ida B. Wells; "America and Lewis Hine" about one of the pioneer social justice photographers in the early 20th century; Bill Moyers, "The Democrat and the Dictator," a study of Roosevelt and Hitler; and "The Life and Times of Rosie the Riveter" about working women in World War II.

### Meet Marshall (in-person only)

2:00-4:00

*Sharon Hanson and City staff*

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.

### Edible Education (in-person only)

2:00-4:00

*Chef Randy Hanson and Kelly Hanson*

Learn to cook like a pro. From appetizer to dessert, dress the table and sample your results.

Join Chartwell's Chef Randy Hanson, who brings 30 years of culinary experience, along with Catering Director Kelly Hanson. Together they will show you the tips and tricks to becoming your own "food pro." Additional course fees are \$25 per person to cover your supplies. Classes run 1 hour 30 minutes for the first five classes. The final class will be an extended class to allow you to test what you have learned and sample your success.

### Adventures on the Prairie (in-person only)

2:00-4:00

*Katie Chapman '08, Director, Shetek Environmental Learning Center*

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. Come and learn about making maple syrup, birding, hiking, identifying prairie wildlife, and more! Classes each week are located at the Shetek Environmental Learning Center, 14 Keeley Island Drive, Slayton, Minn.

## THURSDAY

### Community Development and Human Geography (in-person and via Zoom)

9:00-11:00

*Tara Onken*

The world is full of amazing things. Walk around any major city or tiny town, and you will find things— sometimes hidden and sometimes in plain sight— that prove the ordinary can be extraordinary. Analyzing our local and regional localities through a geographer's eyes, join us for robust discussions and discovery on community development, economic development, and social sciences—but with a fun and exciting twist.

### Oh Yes...You Can Paint! (in-person only)

11:30-1:30

*Dale Hiland*

All you need to bring is your willingness to try something new or excitement to continue on your artistic journey. The members of the group are supportive, helpful, and like to laugh. No one in the group has forgotten when they first started on their journey and are willing to offer constructive ideas if you ask them. The tools needed to complete a painting are available for use through the session or you may bring your own. Please bring an 11x14 canvas. An additional course fee is \$3 to use paint throughout the course.

### Time Will Tell (in-person only)

2:00-4:00

*Pat Hand, SMSU Adjunct Professor*

What happened the year Duke Ellington was born? Discover current events during the lifetime of famous artists and musicians. What did Picasso and Beethoven have in common? Join us to find out!



## Spring 2022 Registration

Name \_\_\_\_\_ Email \_\_\_\_\_

Street \_\_\_\_\_

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 blanks; 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. Virtual class option (Zoom) for most courses, in person only where noted. The same price (up to 4 different classes for \$110) applies for Zoom participants. American Heart Association class is free and does not count as a class selection. Some courses will include nominal fees for supplies.**

Time/Day	Monday	Tuesday	Wednesday	Thursday
9:00-11:00am	___ Understanding Agriculture <i>Rachel Raths '13, Brandon Rodriguez, Dr. Tim Broderick</i>	___ Living a healthy, balanced lifestyle <i>Dr. Casey Paluch '13</i>	___ Wood Carving <i>Don Fisher</i> ___ Civil War <i>Dr. Lloyd Petersen</i>	___ Community Development and Human Geography <i>Tara Onken</i>
10:00-11:00am Zoom only			___ American Heart Assoc. Healthy for Life <i>Dr. Teresa Henning</i> <i>Mark with "X" to add (Free &amp; not counted as selection)</i>	
11:30am-1:30pm	___ Power of Thinking Better <i>Dr. Jim Walters '90</i>	___ To Kill a Mockingbird <i>Jan Ellingworth</i>	___ Showtime: Some Favorite American History Documentaries <i>Dr. Joan Gittens</i>	___ Oh Yes...You Can Paint! <i>Dale Hiland</i>
2:00-4:00pm	___ Pottery <i>Pat Hand</i>	___ Marshall History: Celebrating 150 Years <i>Jennifer Andries '08</i>	___ Meet Marshall <i>Sharon Hanson &amp; City staff</i> ___ Sweet Treats <i>Chef Randy Hanson and Kelly Hanson</i> ___ Prairie Adventure <i>Katie Chapman '08</i>	___ Time Will Tell <i>Pat Hand</i>

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).**

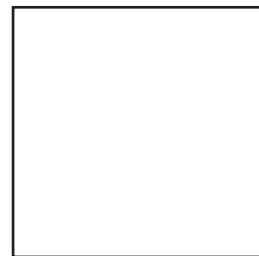
**Make check payable to SMSU and remit to: SMSU GOLD College, 1501 State Street, FH 227, Marshall MN, 56258**

*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



# GOLD

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**GOLD: Growth, Opportunity, Learning, Development**

