

Volume 16, Issue 2

July, 2013



NEWSLETTER OF THE CANNON VALLEY ELDER COLLEGIUM

# Collegium News

[www.cvec.org](http://www.cvec.org)

## New Directions, 2013-2014

by Kathy Mellstrom

CVEC will open the new academic year with three new directors on the administrative team. Their reign began officially on July 1 of this year.

Our new Curriculum Director, replacing Jim McDonnell, is **Ed Langerak**. Ed retired (almost) as philosophy professor at St. Olaf after teaching there over 30 years. He still teaches some interim courses there, and has led four Global Semester trips for students and three alumni group trips. Ed has taken three CVEC courses and will teach one this year.

Curriculum is leaning toward greater flexibility, says Ed. This year there will be two courses of only four weeks duration, and there is a push to recruit more non-professors to teach in their areas of expertise. Ed notes that this year saw record enrollment.

**Dale Sommers** steps in as Operations Director, following Dave Halsor. Dale grew up on a Northfield area farm, and always intended to retire here. He built a house on the farm property and for some years commuted to Minneapolis, walking a mail route by the lakes. Dale started taking CVEC courses in 2008, and has taken more than a dozen.

The registration process is what Dale has been concentrating on so far-how to make it more seamless and user-friendly. He has been working with the database, pruning and streamlining, and becoming familiar with it. His goal, as always in Operations, is to make the behind-the-scenes machinations of registration invisible to the students.

Finally, our new Executive Director will be **Rich Noer**, taking Ed Lufkin's place. Rich retired in 2004 after thirty-eight years in the Carleton Physics department, and began taking CVEC courses shortly thereafter. He has taken around twenty, and also began teaching courses in the area of physics. Three years ago he joined the CVEC board.

Rich says he is inheriting a smoothly-run operation and does not anticipate any difficulties ahead. He is interested in seeing how instructors may make use of new technology in presenting material. Rich's enthusiasm for CVEC and what it does is unreserved. "We have a special opportunity in Northfield that not many communities have, with the kinds of courses, teachers, and students here," he says. "Classes for seniors elsewhere do not compare."

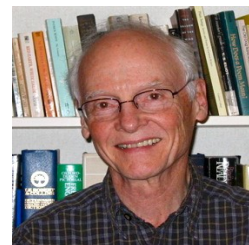
Our new leaders are ready to take us into the future, as CVEC continues to grow and evolve.



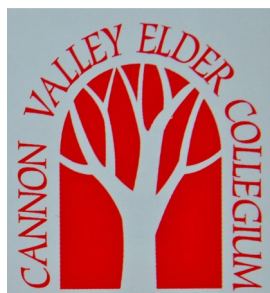
Ed Langerak



Dale Sommers



Rich Noer



## CVEC Class Schedule—Fall 2013

*For Lifelong Learning*

*The Questing Intellect Never Retires*

*Sept. 9-Nov. 1, 2013*

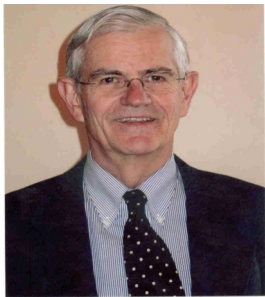
*(Registration begins August 12)*

<b>Title of Class</b>	<b>Professor</b>
<u>Time of Class</u>	<u>Location</u>
*VOC: Village on the Cannon **NRC: Northfield Retirement Center	
<b>The History of Medicine, Part 2: Galen to Wm. Harvey</b> Monday 9:30-11:30 AM	<b>Ed Lufkin</b> Nygaard Theater, NRC**
<b>The Fiction of Marietta Holley</b> Monday 1:30-3:30 PM	<b>Marie Gery</b> Kildahl Park Pointe
<b>Hero, Saint and Prophet: Three Western Archetypes</b> Monday 1:30-3:30 PM	<b>Walt Stromseth</b> Senior Center 106
<b>Frank Lloyd Wright in Mason City, IA</b> Tuesday 1:30-3:30 PM	<b>Barbara Evans</b> VOC*
<b>The History &amp; Evolution of the EU</b> Tuesday 1:30-3:30 PM	<b>Diethelm Prowe</b> Senior Center 106
<b>Drama/Theatre/Text</b> Wednesday 9:30-11:30 AM	<b>Ruth Weiner</b> Senior Center 106
<b>Italy For The Armchair Traveler</b> Wednesday 9:30-11:30 AM	<b>Hartley Clark</b> Nygaard Theater, NRC**
<b>Italy For The Armchair Traveler</b> Wednesday 1:30-3:30 PM	<b>Hartley Clark</b> Nygaard Theater, NRC**
<b>The Art and Science of Mattering—As We Age</b> Wednesday 1:30-3:30 PM	<b>Bruce Roberts</b> VOC*
<b>Journey to the Kingdom of the Ear</b> Thursday 1:30-3:30 PM	<b>Keith Harrison</b> VOC*
<b>Orthodox Christian Icons—Theology in Color &amp; Form</b> Thursday 1:30-3:30 PM	<b>Keith Homstad</b> NRC Fireside Lounge
<b>A History of the Movie Musical</b> Friday, 9:30-11:30 AM	<b>Myrna Johnson</b> St John's Church

## COURSE DESCRIPTIONS FOR FALL 2013

### **Ed Lufkin– The History of Medicine, Part 2: Galen to William Harvey, Mon, 9:30-11: 30, Nygaard Theater**

In Part 1 (Winter term 2013) we discussed the history of medicine around the world, beginning with earliest mankind and moving rapidly through the time of Galen, about 200 AD. **You are not required to have taken that course in order to take the present one.** In part 2 (of 3



or 4) we'll ask why the humoral theories of Galen had such a profound impact until well into the 19th Century (bloodletting etc.), and will trace the history leading up to the major change that occurred in the early 17th

Century, when William Harvey established the scientific basis of medicine. As in the Part 1, the course will be based on a rich archive created by my former colleague at Mayo Clinic, Hymie Gordon, MD. I'll also rely on Power-Point lectures and handouts. Along the way we'll deal with the advance of European civilizations, the tragedy of bubonic plagues, and the colorful comments of Geoffrey Chaucer and William Shakespeare.

**Ed Lufkin** has taught previous courses on medical topics pertinent to senior citizens. His career was as a consultant in internal medicine and endocrinology at Mayo Clinic, Rochester, and he retired in 1998.

### **Marie Gery- The Fiction of Marietta Holley, Mon: 1:30-3:30, Kildahl Park Pointe**



This autumn, I'd like to introduce interested folks to Marietta Holley and her literary creation, "Josiah Allen's Wife." Holley, a contemporary of Mark Twain, outwrote and outsold him, but got left behind as

the world turned on its axis. Samantha Smith Allen, Josiah's wife, is outspoken, a suffragist up to a point. The stories are great fun to read aloud-and the idiom comes through easily. Here's one of my favorite quotes. Josiah has been telling Samatha that he worships her and puts her on a pedestal. Part of her reply: "How under the sun can I or any other woman be up on a pedestal and do our own housework, cookin', washin' dishes, makin' beds, sweepin', moppin'. cleanin' lamps, blackin'stoves, washin', ironin', quiltin' bed quilts, gettin' three meals a day, day after day, biled dinners and bag puddin's and mince pies and things, to say nothin' of custard and pumpkin pies that will slop over on the level, . . . Mebby it would come in handy in whitewashin' or fixin' the stovepipe, ..."

Still erect and breathing, **Marie Gery** continues to read voraciously and write on a regular basis.

### **Walt Stromseth- Hero, Saint, and Prophet: Three Western Archetypes, Mon, 1:30-3:30, Senior Center 106**

Though heroism and saintliness are extreme human possibilities, they represent basic yet contrasting elements of human life: individual aspiration and excellence, on the one hand, personal



compassion and social responsibility, on the other. This course will explore the enduring significance of hero and saint as cultural archetypes. We will

first consider the Greco/Roman and Judeo/Christian strands of Western culture as sources of the ideals of individual heroism and saintly concern for others. We will then trace the continuing significance of these archetypes in our modern world. Throughout the course, we will also focus on prophetic efforts to balance emphasis on the individual self with the need for human community. This focus on the prophet will provide us with an ongoing question: to what extent can heroic and saintly ideals be held together in the lives of persons and socie-

ties? Course readings include Sophocles' *Antigone*, Plato's *Apology*, and selections from the Bible, St. Francis, Dostoevsky, Nietzsche, Camus, Simone Weil and Robert Oppenheimer.

**Walt Stromseth** taught in both the Departments of Philosophy and Religion at St. Olaf College.

**Barbara Evans- Frank Lloyd Wright in Mason City, Iowa, Tues, 1:30-3:30, VOC**

In 1907 Frank Lloyd Wright began meeting with three prominent Mason City residents to design one home and one commercial building. These two structures, The Stockman House and the Historic Park Inn, now carefully and beautifully restored, are open to the public, standing as a testament to the timelessness of Prairie School Architecture. This course will study Frank Lloyd Wright and The Prairie School through these specific buildings in two class sessions. Then we'll travel to Mason City to tour the buildings. After we return we'll have one more session to process what we have seen. Participants may enroll in the course, which includes the tour, or may just take the day trip to Mason City. We'll announce the cost of this trip by August 12.

**Barbara Evans** taught American Literature, Drama, Debate and Composition in Rochester, MN for 34 years. She is a graduate of and has been a visiting professor at St. Olaf College, teaching public speaking and first year writing. Her interests include literary travel, architecture, photography, and restoration of her arts and crafts home here in Northfield.

**Diethelm Prowe- The History and Evolution of the EU, Tues, 1:30-3:30, Senior Center 106**

On December 10, 2012, the Norwegian Nobel

Committee awarded the Peace Prize to the European Union for overcoming centuries of inter-necine conflicts on the continent. This assessment was quickly called into question because of the perceived "deficit" of democracy in the EU governance. More importantly, the viability of



the whole project of European integration seemed to be headed for collapse as one after another of the euro-zone states has come under mounting pressure from the looming bankruptcy of their economies. This course will discuss the viability of the EU from the creation of the first institutions under the twin pressures of failed nationalism and the Cold War through the succession of crises which led to the integration of customs, markets, and eventually currencies.

**Diethelm Prowe** taught modern European and diplomatic history at Carleton College for forty-two years prior to retirement in 2008.

**Ruth Weiner- Drama/Theater/Text, Wed, 9:30-11:30, Senior Center 106**

We will read seven plays and discuss them both as works of literature and as documents that illuminate the social and theatrical contexts out of which they arise. We will begin with a Greek play, probably Sophocles' *Oedipus*, and pass via Shakespeare's *Twelfth Night* and one of Ibsen's classic dramas to Tom Stoppard's *Arcadia*.



We will concentrate on a few scenes from the plays and discuss them as blueprints for production, paying close attention to the different experiences first of reading and then embodying a dramatic work. There will be many opportunities to read scenes from the plays aloud, but no one will have to perform if they don't want to.

**Ruth Weiner** is the Class of 1944 Professor of Theater and the Liberal Arts at Carleton. She has directed, taught courses in acting, directing,

dramatic literature and theory. This fall she is directing Shakespeare's *Twelfth Night* in the Weitz Center.

**Hartley Clark- Italy – For The Armchair Traveler Wed, AM & PM : Nygaard Theater, NRC**

We will spend our sixteen class hours in Italy, transported there via motion pictures and a few stills—all of which I will narrate. Enlightening, exciting and sumptuous discoveries will be our objective. We will start in Venice in Northeast Italy, proceed across Northern Italy, follow southward to the bottom of the boot, and end at Agrigento in Southern Sicily. We will tarry in



cities like Florence and Rome, but will visit many localities. General topics like food, drink, behavior, history, politics, crime, cars, style, art, and architecture

will be raised from time to time. Impromptu remarks and questions from class members will always be welcome. Reading suggestions will be mailed to class members.

**Hartley Clark**, Prof. Emeritus of International Relations, Carleton College, has taught eleven courses for CVEC. The winter term 2009 he taught “France For The Armchair Traveler.” He has traveled extensively in Italy.

**Bruce Roberts- The Art And Science of Mattering -- As We Age, Wed, 1:30-3:30 – VOC**

A sense that we matter comes from our perceptions that we are known and cared about by others who tell us or show us that we add to their life in one way or another. This is a *social-framing* of our personal well-being. It affects our health, longevity and enjoyment of life. To sense that we matter not only feeds our daily life but builds our resilience for bridging the diverse changes that come with age. In class we will discuss key issues that underlie the reciprocity of psychological experiences that en-

able each of us to feel we matter. For example, we will explore together the concept of “Giving by Receiving: The Paradox of Doing Good”



that identifies an amazing gift of empowerment that each of us can bring to our daily relationships with others.

**Bruce Roberts** is an emeritus professor of psychology at St. Olaf College. He has been exploring issues of “personal well-being” in church communities with his colleague, Dr. Howard Thorsheim, throughout most of his professional life. Two years ago he started gathering real-life examples of “mattering” from church-going people across the country.

**Keith Harrison- Journey to the Kingdom of the Ear: Reading Poems Aloud: Thurs, 1:30-3:30 – VOC**

The premise of this course is that we understand poems more directly and more intimately when we read them *viva voce*, or hear them read well by someone else. An analogy: we don't experience a symphony by simply reading the score with the eye. And yet this is generally the way we approach a poem: we scan it hastily, and remain half-deaf, and the poem remains half-dumb. So this is a journey from the Kingdom of the Eye – where most of us live most of the time – to the much more subtle realm of the ear. We will read and speak aloud a selection of poems, ancient and modern – from Homer to Gregory Corso – exploring how



their aural dimensions reveal their inner meaning. If you have poems of your own you wish to share, or favorites that you have always wanted to perform for an audience this will be your chance. Everyone will

have the opportunity to read aloud, but this will

not be mandatory. If you prefer to partake simply by listening to others, that will be fine. The key words will be understanding and pleasure.

**Keith Harrison** taught English at Carleton - where he was also Writer-in-residence and editor of *The Carleton Miscellany* - for almost 30 years. He has written a dozen books of verse and translation and is also working on a text for student poets called *Word-Music: Excursions in the Crafts of Poetry*.

**Keith Homstad- “Orthodox Christian Icons – Theology in Color & Form”, Thurs, 1:30-3:30, NRC Fireside Lounge**

The purpose of this class is to learn about the central place in the history of Christian theology occupied by Orthodox Icons, their uses and abuses over the centuries, and their key role in the spread of the faith to widely disparate cultures up to the present day. The course will include a discussion of ancient icons – Jewish, Pagan, Christian - and a detailed examination of the major Prototypes of traditional iconography. There will be field trips to Keith Homstad’s own icon studio in Northfield, as well as to St. Herman’s Orthodox Church, OCA in South Minneapolis, St. Mary’s Orthodox Cathedral in Northeast Minneapolis and The Museum of Russian Art (TMORA). Above all there will be hands on demonstrations of the process of making an icon using genuine egg tempera. This icon will be worked on during the term of the course and completed on the last day



when it will be dedicated. Each student will get a Xerox copy of the icon pattern so they may study it in detail. Each class member may paint the icon, or order, if they wish, a high quality art print of the icon itself.

**Rev. Keith E.O. Homstad** is a retired ELCA pastor currently working as an iconographer.

**Myrna Johnson- A History of the Movie Musical, Friday, 9:30-11:30, St John’s Church**

All talking, all singing, all dancing!! Remember the movie musicals from the 1920s and on to 2013 – Remember the songs, the dancing and all the talking!! Multi-media and possibly some guest artists will enliven the presentations.

**Myrna Johnson** served as Artistic Theater Director at the Northfield Arts Guild for 37 years. During that time she directed and produced many Broadway musicals and “regular” plays.



In 1974 she and several other theater people established the Northfield Musical Theater (NMT) in conjunction with NAG Theater. As a company, NMT produced one, two, or three musicals each summer for over 25 years. Myrna retired as Artistic Director of NAG in 1996 but she has remained active as Theater and Guild Archivist.

**REGISTRATION FORM**  
**2013 CVEC FALL TERM CLASSES**  
**September 9 – November 1, 2013**  
**Registration Begins August 12, 2013**

**Complete the form below and bring or mail to: Cannon Valley Elder Collegium,  
@Northfield Senior Center, 1651 Jefferson Parkway, Northfield MN 55057**

Include course fee of \$50.00 or check the financial assistance box. Books, printed materials and travel when specified for a class, are extra and optional.

Name(s)

(A) \_\_\_\_\_

(B) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail Address \_\_\_\_\_

(To be used only for CVEC activities)

Check if you need financial assistance \_\_\_\_\_

Check if this is your first CVEC class \_\_\_\_\_

Included is a tax-deductible gift of \_\_\_\_\_

**Register Early to Avoid Being Disappointed**

A registration box will be available at the Northfield Senior Center before August 12, 2013. All registrations must be accompanied by a check unless financial assistance has been requested. If you must mail your registration, send it early enough to arrive by August 12. All mail and box registrations received by the end of the first day (Aug. 12) will be treated as arriving at the same time, and random selection will be used to fill courses if necessary.

Please register by August 30. If the class for which you register is oversubscribed, you will be notified immediately, so you may register for another course. After August 30, confirmation will be sent by email or postcard. If a course fills prior to August 30, confirmation will be sent immediately to the class members.

Class availability and enrollment numbers will be updated daily on the web page: [www.cvec.org](http://www.cvec.org). The Registration Book at the Senior Center also provides information on class enrollment.

**MEMBERSHIP FUNDING:** The difference between CVEC's tuition revenue and total cost has been bridged by member contributions and grants. Because many volunteer their time, our administrative costs have always been minimal. Tax deductible contributions are needed and greatly appreciated.

**For class selection, indicate person A, B, or Both.**

- \_\_\_\_\_ **The History of Medicine, Part 2**
- \_\_\_\_\_ **The Fiction of Marietta Holley**
- \_\_\_\_\_ **Hero, Saint and Prophet**
- \_\_\_\_\_ **Frank Lloyd Wright in Mason City, Ia**
- \_\_\_\_\_ **History & Evolution of the EU**
- \_\_\_\_\_ **Drama Theater Text**
- \_\_\_\_\_ **Italy For The Armchair Traveler (AM)**
- \_\_\_\_\_ **Italy For The Armchair Traveler (PM)**
- \_\_\_\_\_ **The Art & Science of Mattering—As We Age**
- \_\_\_\_\_ **Journey to the Kingdom of the Ear**
- \_\_\_\_\_ **Orthodox Christian Icons**
- \_\_\_\_\_ **A History of the Movie Musical**

**Cannon Valley Elder Collegium Goals**

**Our Purpose:**

- To provide a content oriented study experience for elder students with senior faculty.

**Our Program:**

- CVEC focuses on a desire for life-long learning
- The courses of study are selected to provide rich academic experiences in the liberal arts
- Most of these studies will take a seminar format with learners actively participating in research and dialogue
- CVEC welcomes younger registrants (under 50) on a seat-available basis
- Previous formal education is not a requirement

**Our Policies:**

- Class size is generally limited to 15
- Most classes will meet 8 times, once/week
- Classes are 2 hours/session
- Financial assistance is available for registrants who can not afford the fee (Check above)
- Students may withdraw from a course before the 2<sup>nd</sup> class meeting and request a refund

Questions concerning registration should be directed to:

Dale Sommers, Operations Director  
101 St. Olaf Ave, Northfield, MN 550  
5507-645-8673 [d.sommers@charter.net](mailto:d.sommers@charter.net)

Check here if you wish to receive registration confirmation by postcard, not e.mail \_\_\_\_\_

**Non-Profit  
Organization  
U.S. Postage Paid  
Northfield, MN 55057  
PERMIT # 51**

**Cannon Valley Elder Collegium  
1651 Jefferson Parkway  
Northfield, MN 55057**

**Change Service Requested**

**CVEC is a non-discriminatory**



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### **Executive Director's Note**

A certain amount of change is good for any organization, even one as stable and successful as the Elder Collegium. As Kathy Mellstrom's article on page 1 makes clear, we're about to get change in spades, with new occupants in three of our four staff positions. Under other circumstances this might seem wrenching, but we're fortunate in one important way: the old team is still around and eager to help us new guys. (And we have the one holdover, Finance Director Barb Jenkins, to provide an anchor of stability.)

For my part, I'm humbled by the distinguished list of past Executive Directors that I succeed: Ron Ronning (1998-2001), Liz Hankins (2001-2004), Bill Carlson (2004-2010), and Ed Lufkin (2010-2013). I'm particularly grateful to Ed that he's agreed to remain on the Board and continue his work as Publicity Chair. His experience and wisdom will be a valuable asset.

As with every year, change also comes to the CVEC Board. Jim Holden's term has ended, and three new members have joined: Phyllis Borchert (who will be our new Treasurer), Jean Haslett, and Eric Nelson. You can review the current Board membership (and lots of other things) on our website, [cvec.org](http://cvec.org).

Finally, by the time this reaches you the Second Annual Northfield Film Festival will have begun, featuring four films by the great Alfred Hitchcock. Late registrations for the accompanying discussion class can still be accepted; for more details, see our website or the display at the Northfield Senior Center CVEC table.

Rich