Giant Gifts

Minnesota Public Radio’s Bob Collins hit the nail on the head November 30 when he wrote: “We throw ‘giant’ around too much, but Minnesota really did lose a giant today when it was announced that Hy Berman has died at age 90.”

It’s fitting that Berman passed during a season known for its bounty. A professor emeritus of history, Berman never stopped giving; he was forever an active historian, commentator, and teacher. His courses for LearningLife included *The Politics of the New Deal* during which his lectures on the history of labor and immigration left no doubt as to why his scholarship made him an international leader in the field.

Berman was a public historian—the peoples’ historian—dedicated to telling stories of the state and nation. And while he grew up in New York, his talent, passion, and life’s work were gifts bestowed upon Minnesota and its citizens.

A brilliant storyteller, Berman was always engaging and always engaged. He was the consummate lifelong learner. He was a luminary—a brilliant, cheerful inspiration.

The year is new. Hope has been refreshed. And again, we begin with promise. In the spirit of Berman and learning, I hope you will join us. What better way to give?

—Anastasia Faunce
*Program Director*

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When Everyone Is Above Average: Inflated Rhetoric in Higher Education

Julie Schumacher, Professor, College of Liberal Arts
University of Minnesota
Thursday, February 4, 7 p.m., $20

Headliners is the University of Minnesota’s popular current event series. Future events take place on Thursdays March 3, April 7, and May 5.

To learn more, visit [cce.umn/headliners](mailto:ccce.umn/headliners).
Lions have captured the human imagination since the dawn of mankind. Celebrated on banners, flags and crests throughout the world, this dangerous animal has fed us and eaten us ever since we first walked on two legs.

The only social cat, lions live in one of the most complex societies of any animal species. They can be highly cooperative, and they can be utterly selfish, but above all, they must have companions to withstand the constant gang warfare of Africa’s savannas.

But lions are increasingly endangered and the challenges of conservation are profound: man-eaters have killed more than one thousand people in the past two decades and far more livestock have been lost. Sport hunting is big business in Africa, and reform is hampered by corruption and indifference. As the human population continues to grow, lions and people are crowded ever closer together, and all these problems will only get worse.

In this seminar, the director of the University of Minnesota’s Lion Research Center, will discuss his research and propose a radical new approach to conserving the last great wildlife refuges in Africa.

Craig Packer, professor, College of Biological Sciences, has been director of the Serengeti lion project for 35 years. He is the recipient of a Guggenheim Fellowship and a Distinguished McKnight University Professorship, and was elected to the American Academy of Arts and Sciences in 2003. Packer’s Into Africa (University of Chicago Press, 1994) received the 1995 John Burroughs medal. His most recent book is Lions in the Balance: Man-Eaters, Manes, and Men with Guns (University of Chicago Press, 2015).
3D Printing or How Can a Factory-in-a-Box Grow Parts Like Nature?

Saturday, Feb. 27, 9 a.m.–Noon, $70

You’ve read about it, you’ve seen it on the news, maybe you’ve even benefited from one of its products—an action figure, hearing aids, chocolate, a prosthetic duck foot. (Yes, you heard right.) But what exactly is 3D printing? How does it work? And how does it affect our day-to-day lives?

The use of 3D printing for prototypes and finished products is certain to become a disruptive technology. From large, industrial printers to DIY models bought at home-improvement stores, 3D printers are intriguing to both businesses and individuals alike. (Oh, and the industry has quadrupled to the tune of $4.1 billion in the last five years.)

This seminar looks at the basics of 3D printing (or additive manufacturing)—its key terms, technologies, and the processes that are changing the way companies develop and create objects. There will also be an interactive component with 3D-printed parts and a live 3D printer demonstration.

We’ll conclude with a look at the impact of this factory of the future (the industry is estimated to reach $550 billion by 2025), which is likely to revolutionize everything from construction to pharmaceuticals.

Tuition includes breakfast.

**Derek Mathers** is an adjunct faculty member in the University of Minnesota’s College of Continuing Education where he teaches the Big Ten’s first course dedicated to 3D printing and additive manufacturing. A product development consultant for Worrell’s Engineering and Advanced Manufacturing divisions, he specializes in the use of 3D printing for medical device and consumer products industries.
Iran and the West

Thursdays, Mar. 3, 10, 17, 24 (4 meetings)
7–9 p.m., $165

This course examines the unique history and culture of Iran through its caliphs, kings, and jurisprudents. We will focus on the period between the Persian (Iranian) Constitutional Revolution of 1906–1911 and the Islamic Revolution of 1979.

Recognizing advances in science and technology in the West, the Constitutional Revolution opened the way for change in Persia and heralded its modern era. During the Qajar Dynasty, a parliament was established, new opportunities developed, and the people of Persia were allowed to explore ideas from the West.

In the 1970s, Iranians rose up against the secularizing influences of the West and outlawed all such reforms. The civil resistance of the Islamic Revolution paralyzed Iran and resulted in the exile of Mohammad Reza Shah Pahlavi, the country’s last monarch. In a brief and quiet jihad, Ayatollah Khomeini established a government based on the Qur’an and the dictates of the Shi’ite imams.


Dr. Iraj Bashiri is a professor of history at the University of Minnesota and a leading scholar in the fields of Central Asian and Iranian studies. He has received the College of Liberal Arts Distinguished Teacher Award and an honorary doctorate from Tajikistan State University, and was named an honorary international member of the Academy of Sciences of Tajikistan. His books include Modern Iranian Philosophy: From Ibn Sīnā to Mullā Ṣadrā Shīrāzī (Cognella, 2013), Ancient Iran, and the forthcoming Modern Iran.
learninglife
Staying Sharp as We Age

Wednesday, Mar. 9, 6:30–8:30 p.m., $55

In Western culture the words “resilient,” “vibrant,” and “connected” are most often equated with youth. But there are ways to preserve a strong memory and a healthy brain as we age and in this seminar, we will explore how to be fully engaged in the aging process in order to maintain a youthful mind and a happy life.

Using a blend of neuroscience research, Eastern holistic medicine, and age-old wisdom about resilience, mindfulness, and stress reduction, the instructors will share a blueprint for living more joyfully, that is, an accessible collection of lessons and exercises to preserve and strengthen mental acuity. They will discuss techniques to improve resilience; methods for staying curious, agile, and optimistic; and an approach to understanding the essential roles purpose and authenticity play as we enter the second half of life.

Vibrant aging is within reach! Stay sharp!

Recommended: Staying Sharp: 9 Keys to a Youthful Brain through Modern Science and Ageless Wisdom (Touchstone, 2015).

**Dr. Henry Emmons** is a psychiatrist who practices with Minneapolis-based Partners in Resilience and teaches regularly for LearningLife’s Encore Transitions program. Emmons’ books include The Chemistry of Joy Workbook (New Harbinger, 2012), The Chemistry of Calm (Touchstone, 2010), The Chemistry of Joy (Fireside, 2005), and with Dr. David Alter, Staying Sharp.

**Dr. David Alter** is a psychologist with 30 years of experience in health psychology, neuropsychology, and clinical hypnosis, all of which he integrates into his work. A sought-after speaker, teacher, and trainer, he is cofounder of Partners in Healing, a Minneapolis-based center for holistic health. Alter is coauthor, with Dr. Henry Emmons, of Staying Sharp.
JOSCA
Libretto di
V. Sardou - L. Illica - G. Giacosa
Musica di G. Puccini
G. Ricordi & C. - Editori
Puccini’s *Tosca*

Saturdays, Mar. 12, 19 (2 meetings), 9–11 a.m., $85

Replete with love, deceit, honor, sumptuous music, and unforgettable arias, Giacomo Puccini’s opera *Tosca* established itself as one of the world’s most popular operas within a few years of its first performance and is considered one of the last great examples of the lush, sentimental style of Italian operatic music that dominated the 19th century.

The appeal of the work is enhanced by a spellbinding story line and resonant characterizations that modern audiences are likely to find familiar in their circle of acquaintances, or even in themselves. Those mindful of the turbulence of world affairs since the opera first was staged will appreciate the story line’s strong condemnation of the consequences of political tyranny and its clear admiration for individuals who have the courage to stand against it.

Tickets to the Minnesota Opera’s production of *Tosca* are not included in tuition. Course participants will receive a 20 percent discount code for tickets to the performance of their choice.

**Dr. Daniel Freeman** has taught courses in music history at the University of Minnesota, the Smithsonian Institution, and other universities throughout the world. Considered the world’s leading historian in the field of 18th-century Czech music, Freeman is both a musicologist and pianist. His most recent book is *Mozart in Prague* (Bearclaw Publishers, 2013).
Trilogy of Grace: Reading Marilynne Robinson

Thursdays, March 24, April 21, May 19 (3 meetings), 6–8 p.m., $130

Structured like a monthly book club, this course explores a trilogy of novels by Pulitzer Prize-winning author, Marilynne Robinson. Written as an exploration of grace, readers will study how Robinson's characters move into and out of a state of grace throughout the novels.

Participants should come to the first session (March 24) ready to discuss *Gilead*. Winner of the 2005 Pulitzer Prize for Fiction, the novel is an intimate tale spanning three generations of fathers and sons and the spiritual battles that rage at America's heart.

A 2008 National Book Award Finalist, and winner of the 2009 Orange Prize and the Los Angeles Times Book Prize, *Home* (April 21) is a brilliantly imagined retelling of the prodigal son parable, set at the same moment and in the same Iowa town as *Gilead*.

In *Lila* (May 19), Robinson returns to the town of Gilead to tell an unforgettable story of a girlhood lived on the fringes of society in fear, awe, and wonder. Like its predecessor, the book was a National Book Award Finalist.


*Toni McNaron* is professor emerita of English at the University of Minnesota where she taught for 37 years. She is the recipient of five teaching awards, including the College of Continuing Education's Distinguished Educator Award. Her most recent book is *Into the Paradox: Conservative Spirit, Feminist Politics* (Hurley Publishing, 2013).
Traveling the Wine Rivers

Mondays, April 4, 11, 18 (3 meetings), 6:30–8:30 p.m.
North Loop Wine and Spirits, 218 Washington Avenue North, Minneapolis, $130

Rivers and wine go hand in hand. From the physiological condition of grape-vines to the traditional shipping channels for finished products, it’s a holistic union that begins with A and ends with Z. Think: the Douro, the Rhine, the Loire, the Po. This symbiotic relationship is not simply limited to the Old World. California’s Russian River Valley is one of the most renowned grape- and wine-producing regions in the United States and the Murray River is essential to the survival of the burgeoning wine industry in Australia.

We’ll begin by looking at the why and where of grape growing in river regions. Why are river systems beneficial to grape ripeness and final wine quality? What is it about their location, climate, and terroir that help to produce coveted stressed vines? We’ll also discuss the drawbacks of river region grape-growing, notably, the unpredictable nature of weather, flooding, and the very real possibility of losing an entire vineyard (or industry) in a particularly nasty year.

No wine experience necessary as Wine 101 will be covered. A $40 fee, payable to the instructor at the first class, will cover the cost of wine for all sessions.

Jason Kallsen has been LearningLife’s lead wine instructor for more than a decade. A Certified Sommelier, Kallsen operates Twin Cities Wine Education through which he teaches classes, and consults with and trains retailers and restaurant professionals throughout the country. His mantra: “Wine education without intimidation.”
Paradise Revisited: Americans at War in the South Pacific

Tuesdays, April 19, 26, May 3, 10 (4 meetings), 7–9 p.m., $165

Seventy-five years ago, on December 7, 1941, Japan’s surprise attack on Pearl Harbor confirmed United States could no longer remain neutral in a global conflict that had been mounting since the Japanese invasion of China in 1937 and the German invasion of Poland in 1939. By any measure, this was truly a world war.

In desperation, Americans sent their first overseas expedition to the South Pacific in order to halt a string of Japanese military victories while simultaneously gearing up for war in Europe. This course examines the impact of American soldiers going to war in what was, for them, an exotic setting. We’ll consider this brief but rich period of American history between 1940–1945: how soldiers experienced the foreign lands, how they were received by the nationals—with all the ensuing cultural lessons and encounters—and the final Yankee farewell.

The course will include a discussion about Lt. Commander James Michener, the official Navy historian for the South Pacific, and his now legendary Tales of the South Pacific. Written in 1946, the Pulitzer-Prize-winning book—a collection of short stories and later a play based on his observations while stationed in the New Hebrides Islands—will be celebrated by both the Minnesota Orchestra and the Guthrie Theater this year.

John Kim Munholland is professor emeritus of the University of Minnesota where he taught courses on modern European history for 42 years. A frequent LearningLife instructor, he holds a PhD in history from Princeton University and his research interests include World War II-era Europe and France through the ages.
Self-Publishing: A Comprehensive Overview

Saturday, May 7, 9 a.m.–4 p.m., $135

So, you’ve written a book. Maybe you’ve even penned your acknowledgements, secured copyright permissions, and pondered the title page. Of course, there are fonts, formats, signatures, trim size, and bindings to consider, not to mention issues related to ISBN, CIP, CMYK, DPI, RGB, RRP...

Face it: the nuts and bolts involved in graduating from writer to published author can be daunting. From publishing workflow, copyright, and ISBNs to book printing, distribution, and marketing, this one-day immersion provides a comprehensive overview of the self-publishing world.

We’ll begin by learning how to differentiate between traditional, self-, and “vanity-house” publishing. We also will discuss the different types of editors (and how to find the one(s) you need), as well as print-on-demand publishing and ebooks. By day’s end, you will feel better informed and more equipped to take that exhilarating next step toward publication.

Tuition includes breakfast and lunch.

**Patti Frazee** is a writer, editor, and publishing consultant. She has been a proofreader and editor for Llewellyn Worldwide, Hazelden Publishing, and several Fortune 500 companies, and assisted numerous authors with manuscript development and copyediting. Frazee’s novels include *Out of Harmony* (CreateSpace, 2012) and *Cirkus* (Alyson Books, 2006), which was a finalist for a Minnesota Book Award and nominated for a Lambda Literary Award.

**Gordon Thomas** is an editor, communications professional, and publishing consultant. His background in academic, literary, and commercial publishing informs his ability to work in a variety of genres. As a structural and developmental editor, he works with new and previously published writers. Known for his commitment to individualized guidance, Thomas works to ensure a quality publishing experience in keeping with the rapidly evolving landscape of the industry.
Registration

Visit the LearningLife website for regularly added courses, seminars, and immersions, as well as information about registration, discounts, and scholarships.

Online  cce.umn.edu/learninglife
Phone  612-624-4000
Mail  CCE Registration, 201 Coffey Hall, 1420 Eckles Avenue
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Location and Parking

Unless otherwise noted, all courses and events take place at the Continuing Education and Conference Center, 1890 Buford Avenue, on the University’s St. Paul campus. Parking is available in the adjacent lot or ramp for a fee.

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Contact Us

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Cover Image: Jason Kallsen.

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