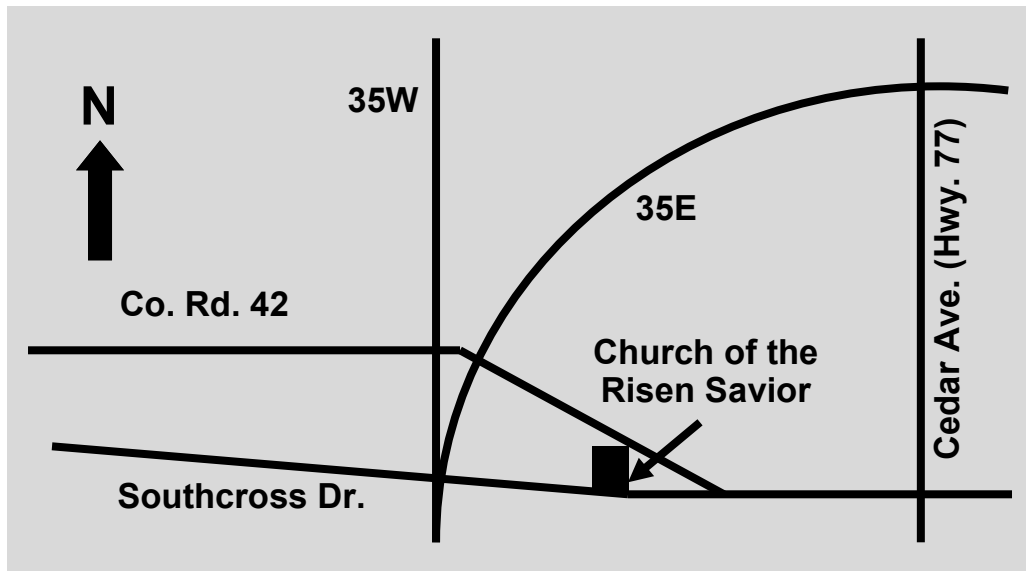


Location:

CHURCH OF THE RISEN SAVIOR
1501 E. County Road 42
Burnsville, MN 55306
WWW.RISENSAVIOR.ORG — (952) 431-5222



Transportation available through:



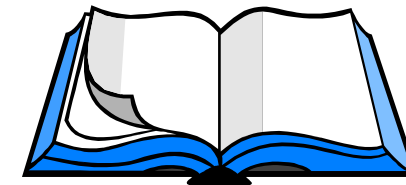
Metro Mobility (651) 602-1111
metromobility@metc.state.mn.us

EXPLORE & DISCOVER

SALT

Fall 2023

SENIORS LEARNING TOGETHER, INC.



\$8/person per Monday
Season Pass: \$30/person (details pg. 9)

Monday Mornings 9:30 a.m.-12:00 p.m.
October 2, 9, 16, and 23

at

Church of the Risen Savior
1501 East County Road 42
Burnsville, MN 55306

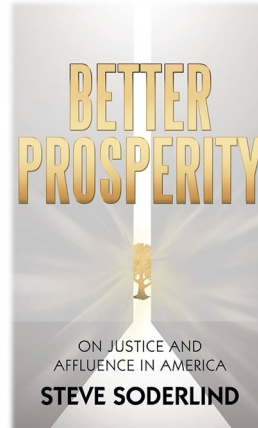
WWW.RISENSAVIOR.ORG/EVENTS/SALT

Monday, October 2, 2023
9:30 a.m. — 10:30 a.m.

Prospects for Prosperity and Justice in America
presented by **Steve Soderlind, Ph.D.**



As a people of faith, we are committed to working for social justice in this imperfect world. This presentation will explore the intersection of justice and prosperity in America through the lenses of history, social philosophy, and social economics. We will encounter difficult terrain as we ask: Can justice vie with liberty in shaping the nation's prosperity? Can workable social goals arise via constitutional processes to reshape the nation's view of success? Is minimal or timid government the best match for future prosperity?



Steve Soderlind taught at St. Olaf College for over forty years, specializing in urban and regional economics, social choice, and the history of economic thought. He also led international travel studies and taught across the curriculum in statistics, great works, and the history of science. He holds a BA in mathematics and economics from the University of Minnesota and a Ph.D. in economics from the University of Massachusetts at Amherst. He recently published 'Better Prosperity: On Justice and Affluence in America' (Archway, 2022).

State Parks of Minnesota
presented by **Doug Ohman**



Go on a Minnesota vacation with Doug Ohman. Doug has visited all 67 parks and has photos, stories, history and personal adventures to share. This program will focus on two main themes: the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored. His photography is featured in his book, 'Prairie, Lake, Forest – State Parks of Minnesota.'



Doug Ohman is a popular historian, storyteller, and Minnesota photographer. Doug has spent the past 30 years exploring the great state of Minnesota. He gives over 300 presentations each year and, has authored 16 books, and has been a PBS TV host for 7 documentaries.

SALT

A Look at Seniors Learning Together, Inc.

This is the twenty-sixth year that SALT (Senior Adults Learning Together), a non-profit corporation, is offering "enrichment learning" to people over 55. Sponsored by a coalition of churches in Dakota County, the program is, however, open to people of ALL ages! Sessions are held on four consecutive Mondays every Spring and Fall. Our goal is to appeal to a broad spectrum of interests with four presentations on various subjects scheduled each day (two speakers each hour). Participants choose one session to attend each hour. The first hour begins at 9:30 a.m. There is a 30 minute refreshment break between the first and second hour.

Enrichment learning is an important factor in promoting good health for everyone. It provides mental stimulation and a curiosity about the world in which we live. Our life experience, combined with a natural curiosity, makes us valuable assets to our community. SALT's emphasis is "salting minds," that is, providing opportunities to enrich and season people's lives.

For complete, up-to-date information on the SALT sessions each Spring and Fall go to the Risen Savior website at: www.risensavior.org/events/salt.

Acknowledgements:

This program is made possible with the support of the following congregations:

All Saints Catholic Church (Lakeville), Church of the Risen Savior (Catholic, Burnsville), Easter Lutheran Church (Eagan), The Fountains at Hosanna! (Lakeville), Grace Lutheran Church (Apple Valley), Mary Mother of the Church (Catholic, Burnsville), Prince of Peace Lutheran Church (Burnsville), St. James Lutheran Church (Burnsville), St. John Neumann Catholic Church (Eagan), Shepherd of the Valley Lutheran Church (Apple Valley),

with a donation from the Burnsville-Savage Lions Club, and a private donation.

To our participants: You are our best ambassadors! Help us continue to provide quality programs. Invite your friends to join us!

THANK YOU!

ATTENDING SALT MADE EASY: WALK RIGHT IN

Doors open at 8:30 a.m.
Presentations start promptly at 9:30 a.m.

The schedule will look like this:

- **9:30-10:30 a.m.:** first two programs (one in the Bays, one in the worship space)
- **10:30-11:00 a.m.:** coffee/cookie break upstairs in the commons and downstairs in Resurrection Hall (elevator available). This will allow for extra space to spread out and give participants more time to visit.
- **11:00 a.m.-12:00 p.m.:** second two programs (one in the Bays, one in the worship space)

Presentations: \$8.00 per person per Monday

The \$8.00 includes one presentation at 9:30 a.m. and one presentation at 11:00 a.m.
You pay only on the day you come. No pre-registration!

NEW this year: Buy a Season Pass and SAVE! \$30 per person for all four Mondays in fall.

We are offering a "Season Pass" for this Fall SALT season for \$30 per person, which covers all four Fall 2023 Mondays. You purchase the Fall 2023 "Season Pass" at the first session on Monday, October 2, 2023, for \$30/person, and you are good to go for the following three Mondays, October 9, 16, and 23.

SO SIMPLE, SO EFFICIENT!

No worries about long check-in lines: we will have many tables staffed with friendly, competent SALT team members greeting and directing you, checking you in!

After check-in, you may immediately proceed to the location of the presentation you are attending. Both locations, the worship space and the Bays, will be open for you to enter and take your seats. Presentations start promptly at 9:30 a.m. We ask that you arrive at least 20 minutes beforehand to allow for check-in. Keep in mind that you can check in starting at 8:30 a.m.

SALT is a wonderful program of enrichment learning made fun! Our presentations are offered to you in an enjoyable format. There are no questions to answer or tests to take. With continued involvement from active adults, we are able to offer you the very best programs available.

Should you have any questions regarding the SALT program and/or the check-in process, call Marianne at (952) 698-1714 or email marianne.brass@risensavior.org.

Give SALT a try. You will be glad you came!

Monday, October 2, 2023
11:00 a.m. — 12:00 p.m.

The World of Wildlife Rehabilitation presented by **Michelle LaBelle Lake**

Have you ever encountered or even wondered who helps the wild animals that are in trouble? Whether it's an injured owl, a rabbit stuck in a chain link fence, a lost baby fawn, or a swan entangled in a fishing line, WICCU (Wildlife Intensive & Critical Care Unit) is there to help. Join Michelle LaBelle Lake as she shares information about the beautiful world of wildlife rehabilitation. She will describe what is involved in becoming a wildlife rehabilitator and what it's like every day. You will hear some case stories and about the difficult decisions that sometimes must be made and why. You will also learn how you can become involved in helping wild animals in a variety of ways. If you love wildlife, you will enjoy this!



Michelle LaBelle Lake is the founder and operator of the Wildlife Intensive & Critical Care Unit (WICCU), which is a small non-profit organization devoted to helping injured and orphaned wildlife. She has been a certified veterinary technician for over twenty years and has a specialty certification in emergency and critical care. She holds wildlife rehabilitation permits with the United States Fish and Wildlife Service and the Minnesota Department of Natural Resources. She enjoys providing educational events for local and non-local communities to teach people of all ages about her mission.

The Remarkable Music Machine presented by **Carrie Vecchione and Rolf Erdahl (OboeBass!)**

A trip to Orchestra Hall to hear a concert is a magical experience, but not many of us realize what goes into a successful program. This hour we will take a look at the orchestra from the inside out. Through instrument demos, projected images, and stories, OboeBass! will explain how an orchestra works and then put it back together so you feel like you are a member.



OboeBass! pairs the complimentary sounds and personalities of Carrie Vecchione (oboe) and Rolf Erdahl (double bass). The duo brings people and ideas together in venues such as Chicago's Fermilab and St. Paul's Fitzgerald Theater with music that captures listeners' sense of wonder. From re-enacting a barn-raising to sharing an artist's whimsical vision of resurrection and afterlife, OboeBass! creates experiences that audiences describe as "inventive, cheeky, informative, and delightful." OboeBass! also offers a broad range of educational programs for elementary students and adult audiences. These programs annually reach over two thousand listeners from rural Faulkton, SD, to urban Newark, NJ.

Monday, October 9, 2023
9:30 a.m. — 10:30 a.m.

Introduction to Homeowners Associations presented by Lynn Boergerhoff

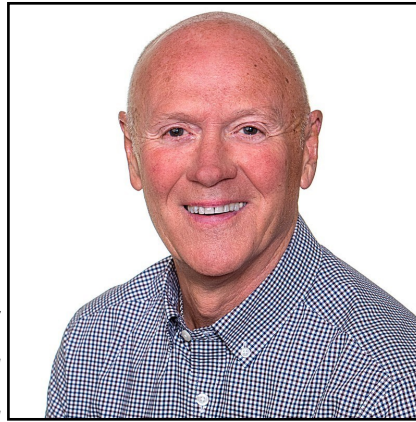
Do you live in a townhouse, condominium, or other homeowner association? Considering buying one? Learn how homeowner associations (HOAs) are created, about their governing documents, the board's authority and responsibilities, financial operations, insurance, rules and regulations, homeowner rights and responsibilities and more. Current and prospective homeowners will be better informed and able to participate in their HOA's community life.

Lynn Boergerhoff has 10 years experience as a homeowner association (HOA) board president.

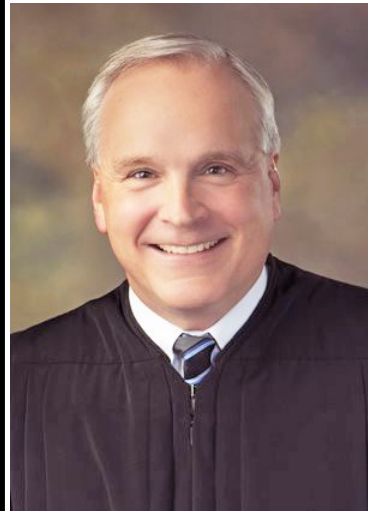


By Board Leaders. For Board Leaders.

He founded the 'HOA Leadership Network' whose mission is to connect and support HOA board leaders through education, collaboration, and research. The 'HOA Leadership Network' provides monthly educational meetings, a website, a newsletter, and other resources for HOA board leaders. Lynn has conducted and presented research on HOAs. Lynn lives with his wife in a townhome in Lakeville, MN.



The Roles and Responsibilities of a District Judge presented by Judge Charles Webber



Have you ever wondered what district a judge does? What are the differences between district, state, federal, and local judges? How did you become a judge and what was your journey like to become a judge? What challenges do judges face and what do you find rewarding about the job? What is the typical term for a judge? Judge Webber will answer these questions and many more.

Judge Charles Webber is a judge on the First Judicial District Court. He was appointed on May 17, 2021, by Governor Walz and elected in 2022. His current term expires in January 2029. Prior to his appointment to the Minnesota Judicial Branch, Judge Webber was a partner in the law firm, Faegre Drinker Biddle & Reath LLP. He is a member of a number of professional and community activities, and numerous bar associations. Judge Webber graduated J.D. with honors, The University of Chicago Law School and B.A. summa cum laude, University of Minnesota.

Monday, October 23, 2023
11:00 a.m. — 12:00 p.m.

We Three Kings presented by The King Family



Join us for a light-hearted, inspiring hour of music with the King family. They love to tell the story of how God allowed their son, Justin, to be a part of their lives. He is developmentally delayed and blind. It has never stopped Justin from enjoying life. God has a purpose for all of us. The Kings will tell their story

and delight us with a variety of music using harmonicas and singing in three-part harmony.

The King family has entertained at many venues throughout the twin cities. At each appearance they bring smiles and encouragement to their audiences. They feel their story helps people see how good God is, even when circumstances seem overwhelming. Come and be part of the family!



Tales from the Kitchen and Newsroom: The Life of a Food Writer presented by Lee Svitak Dean



Join us for stories from 40 years as a journalist writing about food during decades of great changes in the culinary world. From her first byline in which she told about picking strawberries in Osseo and typing the recipes on an IBM 'Selectric' to interviewing Swedish chef, Magnus Nilsson, on Zoom, Lee has a myriad of stories to tell. The times may have changed, but our love of sharing food with friends and family haven't!

Lee was the longtime food editor at the Star Tribune (26 years as editor, a total of 40 years writing for the food section). She's an award-winning journalist and the author of two cookbooks 'The Great Minnesota Cookie Book,' with Rick Nelson; and 'Come One, Come All: Easy Entertaining' (with seasonal menus).



Monday, October 23, 2023
9:30 a.m. — 10:30 a.m.

**Life in an American Concentration Camp:
The Japanese-American Experience during WWII**
presented by **Sally Sudo**

Hear a first-hand account of what it was like for Japanese-Americans who were interred in concentration camps right here in the U.S. during World War II. Sally's family was moved from their home to the Puyallup Assembly Center in Washington state and then on to the Minidoka concentration camp in Idaho, where they spent the war years.

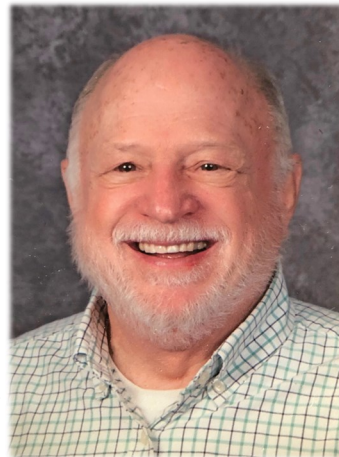
Sally (Ohno) Sudo was born in Seattle, WA. As a child she was imprisoned for 3 1/2 years when President Roosevelt issued Executive Order 9066, which removed all persons of Japanese ancestry from their west coast homes and placed them in American prison camps. In August, 1945, her family relocated to Minneapolis, MN, when her brother was stationed at Fort Snelling in the Military Intelligence Service Language. Since retiring from teaching in the Minneapolis Public Schools, she has devoted her life to educating the public about the injustices suffered by Americans of Japanese ancestry during WWII, so history will not repeat itself.



The Electoral College
presented by **Frank Sachs**

The Electoral College is the process the founding fathers established in the Constitution to select the President of the United States of America. It was a compromise between those who wanted to elect the President by a vote of the sitting Congress or electing the chief executive by a popular vote of qualified citizens. Join educator, historian and speaker, Frank Sachs, as he discusses: Whose idea was it? What were the founders thinking? Why do we still use it? How does it work? How has it evolved over time? Why has it occasionally been controversial, and should we change it, and if so, how?

Frank Sachs is a retired twin cities educator of 40 plus years including 37 years at Blake School where he is currently Faculty Emeritus. During his teaching career Frank was honored by the United States Department of Education in 2007 with the 'Presidential Scholars - Teacher Recognition Award' and the University of Missouri for 'Outstanding Achievement and a Meritorious Career' in 2009. Along the way Frank studied the American legal system at the Supreme Court Institute for Teachers, and was selected as Gilder Lehrman Scholar to study George Washington at his home in Mt. Vernon, VA, and to study six additional Founding Fathers with Richard Brookhiser, bestselling author and editor of the 'National Review,' at New York University.



Monday, October 9, 2023
11:00 a.m. — 12:00 p.m.

Spirituality and Mental Health
presented by **Fr. Matthew Malek, OFM Conv.**



Although spirituality means different things to different people, and all beliefs and customs may be different, the one thing they all have in common is the effects on mental health. Spirituality is believing that we have a sense of purpose or meaning. It influences our decisions and encourages us to have better relationships. Join Fr. Matthew as he provides an overview of ways in which healing is



achieved through a combination of practices that are spiritual, religious, psychodynamic, and physical.

Fr. Matthew J. Malek, OFM Conv., is a Franciscan friar, ordained priest and Masters-level therapist. Recently, he was appointed as the Pastor-Parochial Administrator of Risen Savior Catholic Church in Burnsville, MN. Fr. Matthew has been solemnly professed friar for 11 years and ordained as a priest for 10 years. In 2019, he completed a Masters in Counseling Psychology. He functions as both priest and therapist in the Twin Cities, serving youth, adults, couples, and families.

Fr. Matthew was raised in Lexington, Kentucky, and has lived in many locations in the US. He has been stationed in Minnesota since 2016. Prior to becoming a friar and priest he worked in education, mental health, and workforce development.



Minnesota's Changing Population, Census Challenges, and What They Mean to the State
presented by **Susan Brower, Ph.D.**

Ms. Brower will use demographic trends to explain how the future of Minnesota is impacted by population changes in immigration, aging, diversity, labor force challenges, and rural/urban intersectionality. Dr. Brower's engaging style brings these issues to life in the context of the 2020 Census results.

Susan Brower is the Minnesota State Demographer and directs the MN State Demographic Center. In that capacity, she travels the state talking with Minnesotans about the new social and economic realities that are brought about by recent demographic shifts. Susan earned her Ph.D. in sociology at the University of Michigan, specializing in demography and family sociology. She also holds a master's degree in public policy from Humphrey School of Public Affairs at the University of Minnesota.

Monday, October 16, 2023

9:30 a.m. — 10:30 a.m.

It Is Not Grandma's Quilting Anymore
presented by **Sharon Huse**



The art of quilting uses a variety of materials and techniques to tell a colorful and imaginative story. In her presentation, Sharon Huse will look back at 100 years of the quilting industry. She will discuss the changes in sewing machines, changes in quilting equipment, and will sprinkle her presentation with humor and offer opportunities for questions and audience sharing.



Sharon Huse has been hooked on sewing ever since she was introduced to this art at her Grandma's knee. After teaching Home Economics (now called Family and Consumer Science) for 35 years, she opened and operated a quilt shop with a colleague in a remodeled, repurposed, and abandoned bowling alley known as the Old Alley Quilt Shop in Sherburn, Minnesota. She is still trying (and failing) to use up her fabric stash, sews every day, quilts on her long arm every day, and is living the dream!

The WWII Pilots That Wouldn't Listen
presented by **Ken Stano**

Popular speaker, Ken Stano, is back with more fascinating stories from World War II. In this presentation, Ken will cover three World War II aviation rescue missions you absolutely won't believe. Under the worst conditions imaginable, these pilots defied orders to risk their lives and aircraft to save others.

Ken Stano is a WWII historian, mechanical engineer, and pilot. He created the YouTube channel, History X, and produces and hosts the video podcast, "Museum Ship Mafia." Ken loves digging into the details and secrets of WWII that hardly anyone talks about. These little-known WWII heroics fascinate him, and they will fascinate you as well.



Monday, October 16, 2023

11:00 a.m. — 12:00 p.m.

Twin Cities Historic Sites and Legacies
presented by **Julie Jo Severson**

Julie Jo Severson will be talking about her latest book project, *Oldest Twin Cities: A Guide to Historic Treasures*, which blends old world history with modern-day relevance and includes a wealth of insider nuggets and backstories about the metropolitan area. Learn Julie Jo's motivation behind the project and enjoy a brief slideshow tour of some of the metro's most historic sites.

Julie Jo Severson is author of two local guidebooks: 'Oldest Twin Cities: A Guide to Historic Treasures' (2023) and 'Secret Twin Cities: A Guide to the Weird, Wonderful, and Obscure' (2020). She also works as a freelance journalist, editor, and personal historian helping individuals record their life stories. A fourth-generation lifelong Minnesotan, she's still constantly adding to her local bucket list and sneaks in mini-excursions throughout the metro whenever she has the opportunity. Julie Jo and her husband, Mike, live in Plymouth and are parents of three young adults.



Hunger in the Suburbs
presented by **Jason Viana**



The Open Door promotes a fresh approach to ending local hunger through access to healthy food. It provides food support for low-income individuals and families across Dakota County. Through their collective programs, The Open Door distributed more than 2.6 million pounds of food in 2022 – 64% of which was fresh and/or perishable. Four programs make up The Open Door's approach: a fixed site pantry in



Eagan, MN, a Mobile Pantry program, the Mobile Lunchbox program, and the Garden to Table program. In this presentation, The Open Door Executive Director, Jason Viana, will speak on the hidden aspects of poverty in Dakota County and the efforts underway to fill the gap for our community.

Jason is the Executive Director of The Open Door, the largest hunger relief organization in Dakota County, regularly serving more than 14,000 people each month. The Open Door has an on-site pantry, and a collection of more than 60 mobile food sites around Dakota County where they make fresh and healthy food easier to access for community members who need support. Jason has been leading The Open Door since 2016 and prior to his work there has a career in nonprofit service ranging from the American Red Cross, and suicide prevention work with adolescents. He has a Masters in nonprofit management from Hamline University.