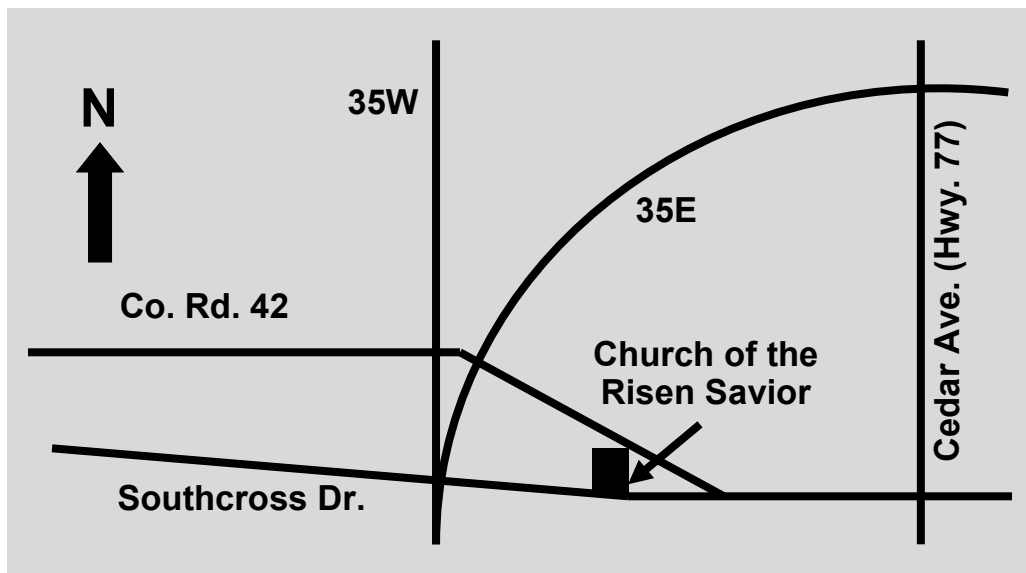


# Location:

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



**Transportation available through:**



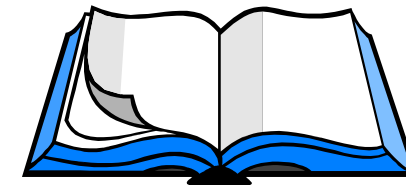
**Metro Mobility (651) 602-1111**  
**metromobility@metc.state.mn.us**

# EXPLORE & DISCOVER

# SALT

## Spring 2024

**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.**  
**April 22 & 29 and May 6 & 13**

at

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

**RISENSAVIOR.ORG/SALT**

Monday, April 22, 2024  
9:30 a.m. — 10:30 a.m.

**Roosevelt’s Darkest Journey: The River of Doubt**  
presented by **Adam Lindquist**



After his humiliating election defeat in 1912, Theodore Roosevelt set his sights on the most punishing physical challenge he could find, the first descent of an unmapped, rapids-choked tributary of the Amazon. Together with his son, Kermit, and Brazil’s most famous explorer, Cândido Mariano da Silva Rondon, Roosevelt accomplished a feat that many refused to believe. In the process, he changed the map of the western hemisphere forever. Along the way, Roosevelt and his men faced a daunting series of hardships that included losing their canoes and supplies to punishing whitewater rapids, starvation, an Indian attack, disease, drowning, and a murder within their own ranks. Three men died, and Roosevelt was brought to the brink of suicide. The River of Doubt is a story few know.

*Adam Lindquist is a three-time national champion Roosevelt living history performer who travels the country bringing the 26th President to life. His performances capture the essence of who Roosevelt was and captivates audiences with its energy, message, and reminder of one of the greatest Presidents.*

**Understanding Minnesota’s Changing Climate**  
presented by **Dr. Kenneth Blumenfeld**



Minnesota’s climate is famous for its ups, downs, and extremes, but is also experiencing changes unlike anything we have observed previously. This presentation breaks down observed trends in the regional climate to its essential points, emphasizing the rapid rate of winter warming, ongoing changes in the timing and intensity of precipitation, and how these changes differ from other parts of the continent and world. We will distinguish our long-term and/or significant climate trends from typical variability, and will describe how these two interconnected components of our climate can lead to unprecedented conditions. We will also discuss future climate scenarios, and the implications for actual conditions the region may experience.

*Dr. Kenneth Blumenfeld is a climate scientist who grew up in Minnesota with a love for storms, blizzards, and being outside. He works for the Minnesota State Climatology Office (DNR), where he provides the state’s agencies, communities, and citizens with up-to-date scientific information about Minnesota’s changing and variable climate. Kenny is also an adjunct faculty member with the Department of Soil, Water, and Climate at the University of Minnesota. He enjoys talking to Minnesotans about their weather, and often does it long after the workday is done.*

# SALT

## A Look at Seniors Learning Together, Inc.

This is the twenty-seventh 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 [risensavior.org/salt](https://risensavior.org/salt) or scan the QR code.



## 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 with an additional grant from the Grace Lutheran Endowment Committee.*

**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!

## **Option to SAVE \$\$: Buy a Season Pass and SAVE!** **\$30 per person for all four Mondays in spring.**

We are offering a “Season Pass” for this Spring SALT season for \$30 per person, which covers all four Spring 2024 Mondays. You purchase the Spring 2024 “Season Pass” at the first session on Monday, April 22, 2024, for \$30/person, and you are good to go for the following three Mondays, April 29, May 6 & 13.

## **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](mailto:marianne.brass@risensavior.org).

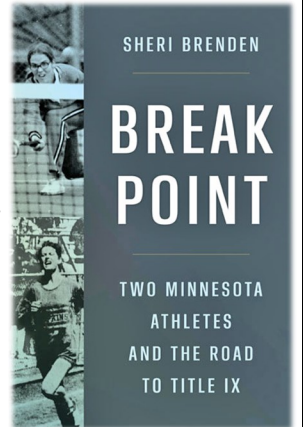
**Give SALT a try. You will be glad you came!**

**Monday, April 22, 2024**  
**11:00 a.m. — 12:00 p.m.**

## **Break Point: Two MN Athletes and the Road to Title IX** presented by **Sheri & Peg Brenden**

Sheri and Peg Brenden will discuss a precedent-setting court case and the battle for girls' high school sports. This course deals with the courtroom tactics, historical research, sports strategy, and personal reflections all contained within Break Point.

*Peggy Brenden, a tennis player, was named a co-plaintiff, along with Toni St. Pierre, a Hopkins track and cross-country athlete in a 1972 lawsuit. The suit, which was filed against their high schools and the Minnesota State High School League, sought equal access to sports and contended that limiting the schools' sports teams to boys was a violation of the Equal Protection Clause of the 14th Amendment. The ruling was a groundbreaking precedent that helped pave the way for the implementation of Title IX and opened the door to girls across the country who wanted to join their high school teams*



*Author Sheri Brenden is a former research librarian who worked for two of Minnesota's largest law firms and, as a reporter, for the St. Cloud Daily Times. She grew up in the midst of this pivotal moment and saw how it changed her high school experience. She asked her sister Peg if she could tell the story and her sister entrusted her with the now-fragile scrapbook she compiled of news articles, letters, and her light-hearted narrative “How to Play High School Tennis—An Instructional Manual.” That would serve as a starting point for collecting multiple interviews from teammates, coaches, attorneys and a federal court judge. She also located key court records, organizational archives and newspaper coverage to weave together Break Point.*

## **Twin Cities Ordnance Plant During World War II** presented by **Mark Haidet**

Historian, Mark Haidet, will tell the story behind the building of The Twin Cities Ordnance Plant and its key role in helping the United States and its Allies win World War II. The rapid transformation of northwestern Ramsey County from farm fields in 1941 into an industrial complex employing more than 25,000 men and women during WWII was called a miracle.

*Mark Haidet worked for the Minnesota Historical Society for 36 years, 10 years as a historian and 26 years in the Development Office. As Director of Development for the program's first 16 years, he built a comprehensive development program and led three major campaigns for the Minnesota History Center, Mill City Museum, and the Greatest Generation Project. He closed his career with three years at the State Fair Foundation where he completed the campaign to build the fair's new History and Heritage Center. Now retired, Mark is helping others as a historian and fund-raising consultant.*





Monday, April 29, 2024  
9:30 a.m. — 10:30 a.m.

Music of the 1940s, 50s and 60s  
presented by Grace Notes



This is the perfect way to wrap up your morning! Sit back and listen to music that appeals to all ages, plus some great background stories of the composers and their musical journeys. The GraceNotes Trio love to sing and laugh together every chance they get!

*The GraceNotes Trio, Diane, Pat and Connie (long-time residents of the south metro) have been singing together for 23 years. They love to share their journey and passion for singing old favorites.*



Being Prepared – Preplanning Funerals and Cremations  
presented by Meg Heintze

Meg will discuss the emotional & financial benefits of making funeral directives in advance. Subjects such as funeral and cremation options, costs, veteran's benefits, Irrevocable Funeral Home Trusts, and asset protection from nursing home costs, will be addressed. What are the advantages of preplanning and prefunding to my family? How can I assist aging parents? How do I begin this planning?



*— Meg Heintze, Funeral and Cremation Preplanning Consultant, has assisted families and individuals in educating themselves about the importance of planning ahead. As a member of the White Funeral Home family, she has been involved in all aspects of the funeral industry and has made education and preplanning her main focus for the last 15 years. She is a licensed agent in the field of Funeral Trusts, and recently Meg has been recognized as having served over 3,000 families complete this area of planning.*

Monday, May 13, 2024  
11:00 a.m. — 12:00 p.m.

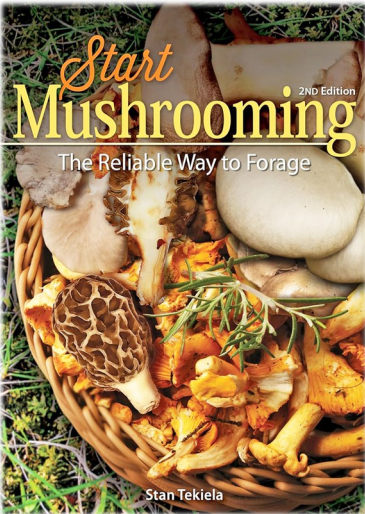
Show Tunes – Classic Hits from Stage and Screen, 1930s-1960s  
presented by Mike Henry

Mike Henry, who was a radio disc jockey in the 1960s, is coming to SALT to take us back to the days of our youth. His program, Show Tunes, features 64 clips from iconic hit records from Broadway shows and major motion pictures in the 1940s, 50s, and 60s, along with stories and pictures of the artists and shows. It covers some of the greatest works of Rodger & Hammerstein, Henry Mancini, Lerner & Lowe, George M. Cohan, Irving Berlin, and more. Plus, a fun trivia contest to match famous theme songs to their classic TV shows from the 1950s and 60s. All music is synced with visuals to bring back memories of the shows we grew up with, and it wraps up with some rousing classics that will have you clapping and singing along!



Mike was born in 1946 in Tulsa, Oklahoma. In the mid-1960s he worked his way through college at Oklahoma State as a disc jockey at a local rock and roll radio station. After college he was a Navy officer in Viet Nam, and then had a 41-year career in banking, retiring in 2017. Since 2018 he has been visiting senior groups around the state recreating his old DJ role from college and reminiscing with clips from the original hit records we enjoyed when we were growing up. He now has 7 different programs to choose from. Mike lives in Lakeville with his wife of 43 years, Jean. They have 4 children and 4 grandchildren who all live in the Twin Cities area.

Start Mushrooming: The Reliable Way to Forage and NOT Kill Yourself  
presented by Stan Tekiela



Popular speaker, Stan Tekiela, is back with fun and enjoyable ways to learn to forage for wild mushrooms without risk or danger. Stan makes this serious topic fun and interesting. You, too, can safely get out and collect wild, edible mushrooms without fear. Learn the safe seven mushrooms and how to safely collect, cook and store.



*Stan Tekiela is the originator of the popular state-specific field guides for birds, wildflowers, and trees. Over the past three decades, Stan has authored more than 130 field guides, nature appreciation books, and wildlife audio CDs for nearly every state in the nation.*



**Runic Inscriptions in America and the Kensington Runestone in the Context of the Nearly 7000 Runestones Found in Europe**  
presented by **Loraine Jensen**



You are probably aware that Alexandria, Minnesota, is known for the Kensington Runestone, but what are runes? What does runic writing teach us about our past? Join Loraine Jensen as she gives you an overview of the thousands of runestones existing today, primarily in Sweden, Norway, and Denmark; but there are some being researched in North America, notably the Kensington runestone in Minnesota. Loraine will also review examples of runes in pop culture.

*Loraine Jensen is the founder of the American Association for Runic Studies, and currently serves as its president. While living in rural Minnesota, she was exposed to runes through the presence of the Kensington Runestone near her home town of Alexandria. As the Principal Consultant for Jensen Consulting, founded in 1995, she has assisted nonprofit organizations in grant writing, strategic planning and board development. One of her earliest clients was the Kensington*

*Runestone Park Foundation. She has developed extensive networks on runic research. Those relationships and her expertise as a professional educator in 2020 resulted in her selection for a prestigious Fulbright Specialist appointment to study runes in Sweden on a project titled "Viking Age Runic Studies: Education and Outreach."*

**Dementia: What Is Known and Unknown at this Point**  
presented by **David Walcher**

Dementia is a term that covers a wide scope of conditions that impede the ability to remember, think, or make decisions that affect daily activities. It is not a part of normal aging. Dr. Walcher will answer questions you may have, such as: What is known and what is disinformation? At what age does dementia start? What can be done to prevent or delay it? What is the difference between forgetfulness and dementia? Bring your questions to this session.



*Dr. David Walcher graduated from the University of MN Medical School and completed residencies in Family Medicine at HMC and Internal Medicine at the Medical College of Toledo. He practiced in Minnesota from 1981-2020, including as a partner of Southdale Internal Medicine from 2001-2016. He is currently semi-retired and volunteers at St. Mary's Clinic and teaches at the Phillips Neighborhood Clinic.*



**7th Inning Stretch**  
presented by **Steve Larson**



This hour will be a unique and nostalgic audio/visual show where 'cardboard comes to life' through stories and songs, utilizing Steve's extensive sports card collection. Join us for an entertaining trip down 'memory lane' emphasizing baseball, while embracing many facets of life.



Steve Larson is a public speaker and entertainer. He grew up in Thief River Falls, MN, and graduated from Bemidji State University. He was a sportscaster for 10 years and owned a photography studio for 33 years in Grafton, ND. He portrayed Buddy Holly in the group 'Rock 'N Roll Heaven.' He has been married to his high school sweetheart for 48 years, has three children and eight grandchildren. He lives in Tonka Bay on Lake Minnetonka.

**The Warren Commission Report: Fact or Fiction**  
presented by **David Yorks**



This presentation will focus on the conclusions reached by the Warren Commission, a 10-month investigation regarding the assassination of President Kennedy, first published in September 1964, and that of the House of Representatives Select Committee published 12 years later. The House investigation was held over 31 months and was published in March, 1979. Mr. Yorks will identify several major issues that remain in question concerning November 22, 1963, with the expressed intent to invite questions and comments from the audience.

*David Yorks is a life-long resident of Lake Minnetonka and a graduate of the University of Minnesota with a History degree and a Masters Degree in American History, and a fifty-five-year interest in the presidency of John Kennedy. David has attended several national conferences and has met with and discussed the assassination with witnesses present in Dealey Plaza as well as discussing the assassination with several doctors who were present at Parkland Hospital, where they attempted to save the President's life. David's business career included being a buyer at Dayton's Department Store.*



**Monday, May 6, 2024**  
**9:30 a.m. — 10:30 a.m.**

**Growing Tastier Tomatoes**  
presented by **Larry Cipolla**



In this timely course, you will learn how to select the best tomato varieties to grow, whether you are growing them in a traditional soil-based garden, on a deck or patio in containers, or hydroponically. Get tips on care and maintenance as well as the importance of botanical rotation to reduce insect and soil damage. Learn what varieties are more disease resistant and what diseases are “safe to eat” and what are not. Be a plant whisperer and see how the leaves speak to you when they need fertilizer and what type you should apply.



*Larry Cipolla is a Master Gardener and life-long learner. He frequently speaks to students and adults on a wide range of topics related to vegetables. His focus is on the integration of soil and hydroponic-gardening techniques for year-round gardening so that people can take more control of what they eat by growing their own. He has developed three unique Italian paste tomato varieties: Cipolla's Pride, Cipolla's Rose, and Cipolla's Colossus.*

**Life Lessons Learned Working at a Nursing Home**  
presented by **Don Knutson**



As mature adults, we have had many life experiences that taught us valuable lessons. As a chaplain for 23 years at Ebenezer Care Center in Minneapolis, Don Knudson will share many “life lessons” garnered from the people he got to know and love. Some stories will make you laugh, and some may make you cry. You will be reminded of your own experiences and wonder what life still has to teach you. We're all in this together and we can learn a lot from each other. The Ebenezer Care Center on Portland Ave and 26th St. in South Minneapolis was closed in 2023 after 104 years providing a home for elders in need of care. Over 23 years of those 104 years, Don was privileged to serve the spiritual needs of an amazing community of elders.

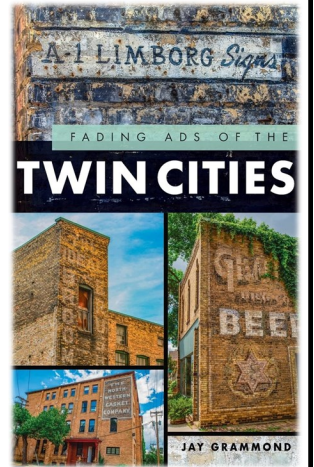
*Don Knudson was born in 1944 during WWII and the polio epidemic, which affected his health and life. He grew up in South Dakota on a family farm and was raised in the Swedish Augustana Lutheran faith. In 1970, he was ordained and called to serve Lutheran congregations in North Dakota and Northwestern Minnesota. In midlife, he was diagnosed with major depression. This led to a change, and he received training to be a Professional Chaplain. Don served for over 23 years as the chaplain at Ebenezer Care Center, Minneapolis, MN. There, he supervised well over 100 students learning the skills of Pastoral Care. Gloria Swanson, his spouse of 24 years, served as Minister of Vital Aging at Prince of Peace Lutheran Church for over 16 years. Along with other church leaders of that time, Gloria was an advocate for creating this educational opportunity for seniors, the SALT program. Gloria passed away in 2021. Don has 2 daughters, 23 grandchildren and 5 great grandchildren. He says he may hold the record as the Lutheran pastor with the most Roman Catholic descendants!*

**Monday, May 6, 2024**  
**11:00 a.m. — 12:00 p.m.**

**Fading Ads of the Twin Cities**  
presented by **Jay Grammond**



Do you remember seeing those old painted ads on the sides of buildings for Coca-Cola, Grain Belt Beer, grocery stores, warehouses, etc.? Our speaker, Jay Grammond, has been drawn to fading ads, or “Ghost Signs” for quite some time. In the Summer of 2020, that interest became so much more when he signed a book deal to publish a book about the topic. Join Jay as he takes you on a virtual walk around the Twin Cities to view what you might call an “art gallery” that surrounds us. You will also learn a bit about the history of some of these companies that date back to the 1800s.



Jay Grammond is a professional photographer living in East Central Minnesota. He signed a book deal in the summer of 2020 to create a photography and history book about the fading ads (“Ghost Signs”) in Minneapolis and St. Paul. Fading Ads are those old painted ads on the sides of brick buildings that once advertised a vibrant business but have faded to where only part of the sign is visible. Fun Fact about Jay: He once performed on stage at Carnegie Hall before a sold-out crowd!

**The History of Jerusalem**  
presented by **Chad Wensink**

Chad Wensink returns to present the History of Jerusalem, expanding on previous SALT programs, ‘Reliability of the Bible’ and ‘The Biblical Importance of Water.’ All are part of a larger curriculum called ‘The History and Geography of the Ancient Near East.’ This time, we will focus on an introductory overview of the history of the city of Jerusalem from the days of its Canaanite antiquity to the present. It will center primarily on the biblical history and importance of the city and including multimedia resources to present biblically and historically important locations



including: the temple mount, the palace of King Solomon, Bethesda, the temple institute, the upper room, the mount of olives, the garden of Gethsemane, the site of the crucifixion of Jesus, and the empty tomb of Christ.



Chad Wensink holds a B.A. in Biblical and Theological Studies from the University of Northwestern St. Paul, a certificate from Jerusalem University college, and a Master of Divinity from Bethel Seminary in St. Paul. In fall of 2021, he presented two presentations on the history and reliability of the bible, and in spring of 2022 he presented on the biblical importance of water. He is the owner and founder of his own Christian educational company called Sacred Insights Education. His hobbies include teaching New Testament Greek, presenting on Biblical history, and going on vacations to Disney World with his wife, Helienna.