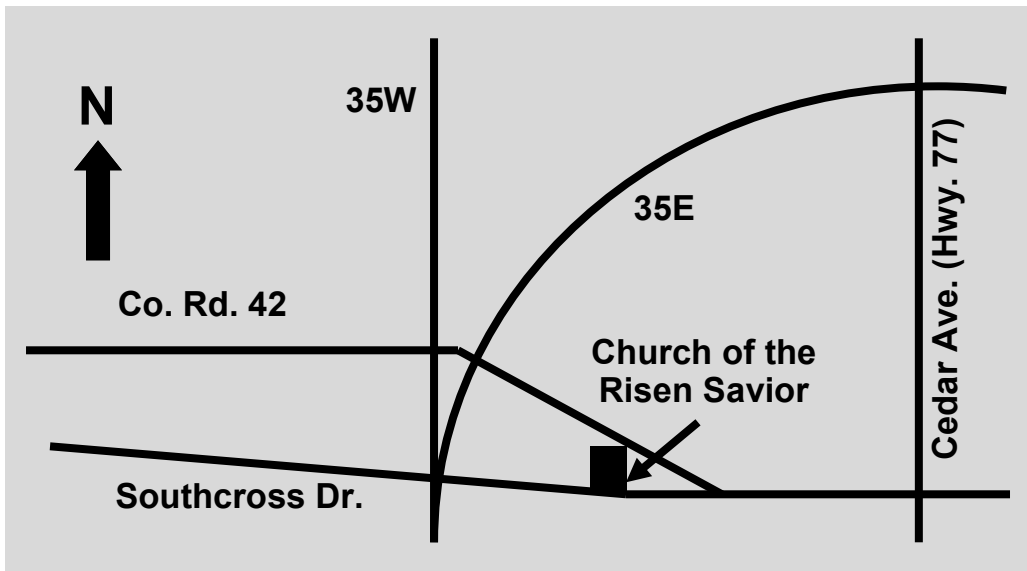


Location:

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



Transportation available through:



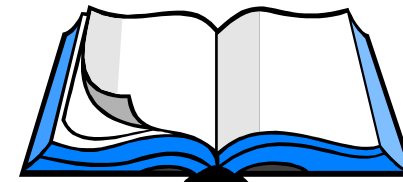
Metro Mobility (651) 602-1111
metromobility@metc.state.mn.us

EXPLORE & DISCOVER

SALT

SPRING 2025

SENIORS LEARNING TOGETHER, INC.
NON-DENOMINATIONAL COMMUNITY SESSIONS



\$10/person per Monday
Season Pass: \$35/person (details pg. 9)

Monday Mornings 9:30 a.m.-12:00 p.m.
April 28, May 5, 12, and 19

at

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

RIENSAVIOR.ORG/SALT

Monday, April 28, 2025
9:30 a.m. — 10:30 a.m.

A Cartoonist's Guide to the Bible
presented by **Rev. Dr. Steve Thomason, PhD**



In this presentation, we will walk through a visual introduction to the Bible: what it is, where it came from, why it is important, and how we can read it creatively. Steve will use his work in *A Cartoonist's Guide to the Bible* (cartoonistbible.com) to lead the group through a visually engaging and whimsical tour of scripture.

Steve is a visual artist, a rostered pastor in the Evangelical Lutheran Church in America (ELCA), a professor and Dean of the Chapel at Luther Seminary in St. Paul, MN. This fusion of art and theology is best expressed in his online ministry at artpastor.com where he seeks to explore spirituality and scripture through visual art and creativity. He and his wife, Lona, have been married since 1989 and live in Apple Valley, MN, with their four adult children and grand fur-babies.

Fun fact: Steve started his career as a caricature artist in amusement parks. He started drawing at Great America near Chicago and then spent six years managing the artist concession at Excalibur Hotel in Las Vegas from 1990-1996.

Beekeeping & Maple Syrup
presented by **Andy Weaver**



Maple syrup and honey are two wonderful, natural sources of backyard sugar that highlight the beauty of nature's abundance. Though unique, both processes are advantageous and can connect us to the environment meaningfully. Andy will take you on a journey through the art of collecting sap from maple trees and tending to beehives for honey. He'll share these activities' methods, challenges, and joys, and show how they come together to create his very own collection of homemade, all-natural sugar. It's a labor of love that transforms raw nature into something delightful!

Biology is more than a field of study for Andy, it's a way of life. He thrives on teaching all aspects of the curriculum and exploring hands-on biology applications through experimentation. His interests span falconry, archery hunting, wild ricing, dog training, maple syrup production, and beekeeping. He has also dedicated significant time to prairie restoration and water quality analysis. Today, Andy will share some entertaining stories from his adventures and experiences in these fascinating pursuits.

SALT

A Look at Seniors Learning Together, Inc.

This is the twenty-eighth 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 or scan the QR code.



Acknowledgements:

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

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),

and with additional generous donations from the Burnsville-Savage Lions Club, and Shepherd of the Valley Lutheran Church.

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: \$10.00 per person per Monday

The \$10.00 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! \$35 per person for all four Mondays in spring.

We are again offering a "Season Pass" for this Spring SALT season for \$35 per person, which covers all four Spring 2025 Mondays. You purchase the Spring 2025 "Season Pass" at the first session on Monday, April 28, 2025, for \$35/person, and you are good to go for the following three Mondays, May 5, 12, and 19. (No refunds for missed sessions).

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, April 28, 2025
11:00 a.m. — 12:00 p.m.

Chronic Sorrow: The Living Loss presented by Karen Rae Hannah

The course will review the concept of chronic sorrow experienced by families and individuals when there is a long-term challenge for loved ones. It is also a relevant concept when coping with the changes that come with being seniors and the grief that can occur. The hope is that acceptance of the cycles of grief can bring acceptance and more peace as we journey through our lives – both for our loved ones and for ourselves.

Karen Rae Hannah is a retired marketing manager with an impressive career where she played a key role in the development and successful introduction of two major products. She concluded her professional journey by founding a non-profit organization dedicated to helping families adopt children. A proud single mother of five and grandmother of five, Karen has faced the unique challenges of raising children with diverse needs. Among her many achievements, she considers her role as a mother to be the most significant and rewarding of all.



The Stories from Vietnam presented by Harry & Kathy Wisdom

Join Kathy and Harry Wisdom for a first-hand account of their experiences while serving in Vietnam. Harry was an Army helicopter aviator, and Kathy was an Army nurse. Harry was wounded twice in combat and was awarded the Silver Star for valor, the Legion of Merit, three awards of the Distinguished Flying Cross, two Bronze Stars and two awards of the Air Medal, two Purple Hearts, the Vietnamese Cross of Gallantry and three awards of the Meritorious Service Medal. Kathy was awarded the Bronze Star. Their stories will inspire you and touch your heart. They are true heroes, and we thank them for their service!

Lt. Col. Wisdom served 20 active duty commissioned years as an Army helicopter aviator and as Staff, Plans, Operations and training officer. Lt. Col. Wisdom served two tours in Vietnam and was highly decorated. He is active with veterans' programs recognizing and supporting men and women who have served from ALL conflicts. He is one of the founders of "Tee It UP For the Troops" and "Saluting our Women Veterans," both fundraising events that recognize the service of Vietnam Veterans and MN Disabled American Veterans. He is a sought after speaker at universities and schools. Kathleen Brown Wisdom comes from a career military family. Her father was a retired Lt. Col. Artillery officer, and she grew up in the Philadelphia area. She attended Misericordia Catholic Nurses school, which had an affiliation with the US Army, and upon completion of her schooling was commissioned a 2nd Lt. in the U.S. Army Nurses Corp. After completing officer basic training in Ft. Sam Houston, she was assigned to the surgical ward at Ft. Leonard Wood. From there she was assigned to the 24th Evac Hospital in the Republic of Vietnam where she worked in the neuro surgical ward and the emergency room. During her tour of duty in the Vietnam combat theater, Kathy was promoted to 1st Lt. and awarded the Bronze Star. She and Harry have been married for 54 years, and they have four kids and eight grandchildren. Kathy enjoys volunteering at POP and spending time with her family.

Monday, May 5, 2025
9:30 a.m. — 10:30 a.m.

A Place to Call Home: Residential Architecture of the 50s and 60s
presented by **Dr. Kristin Anderson**



Many of us live, or have lived, in a home built in the 1950s and 1960s. This class examines the social and historical influences that defined the unique residential styles and trends most associated with the mid-mod era. We'll look at common forms like the Cape Cod-style homes, the ranch-house dwellings, and some high-style examples designed by prominent architects. The fascinating story behind these homes, neighborhoods, and suburbs will leave you with a new appreciation for Minnesota's mid-century properties.

Kristin Anderson, Professor Emerita of Art & Design at Augsburg University, taught art and architectural history, including American Art, Scandinavian Art, Women and Art, and the Twin Cities' architectural history through her popular course, 'The Designed Environment.' She received Augsburg's Distinguished Contributions to Teaching and Learning Award in 2005. Kristin researches sports architecture and is co-authoring a book on Twin Cities sports facilities for the University of Minnesota Press. Her other interests include Scandinavian-American folk art and Norwegian-American altar paintings. She frequently speaks at community events, offers tours at Target Field, and explores topics

like architecture, sustainability, and art in baseball.

Claim It, Name It, and Frame It: Making Crisis Communication Work for You
presented by **Paul Omodt**



"The best work a crisis communicator does is never seen" says Paul Omodt of Omodt & Associates Critical Communications. Learn the three-step process Paul uses to navigate crisis communication and how you can process communication and tell a story that resonates with your audience.

Paul Omodt is the founder of Omodt & Associates Critical Communications, a full-service communication firm specializing in crisis and critical issues communication. He is a 35-year veteran of the Minnesota communication scene and a nationally recognized communications practitioner. He has navigated some of Minnesota's biggest communication issues, from drunk pilots to plane crashes, from the election of a wrestler-governor to the building of Twins stadiums and world-class theaters. Paul has earned the communication industry's highest recognitions, including a Public Relations Society of America Fellowship and the International Association of Business Communicators SCMP, an ISO-certified designation for international practitioners. He has been an adjunct professor at the University of St.

Thomas for more than a decade, and teaches in both the undergraduate and graduate programs. Paul has published several innovative research studies.

Monday, May 19, 2025
11:00 a.m. — 12:00 p.m.

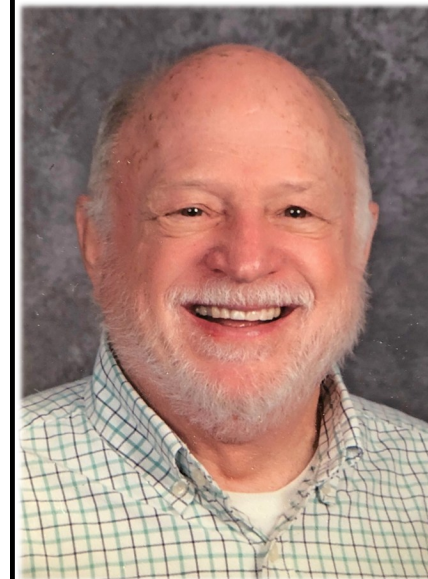
Backyard Birds
presented by **Stan Tekiela**



Watching a colorful bird flit through your backyard brings a sense of excitement, joy, and peace. Stan Tekiela, an award-winning author and naturalist, deeply understands the magic of bird-watching. With over 25 years of experience studying and photographing backyard birds, he shares his insights into the fascinating lives of beloved species like the American Goldfinch, Northern Cardinal, and Ruby-throated Hummingbird. Through his stunning photography, Stan captures birds in action, revealing behaviors that are both heartwarming and surprising. His presentation will delve into key aspects of their lives, including first flights, feeding habits, migration, and mating rituals.

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.

Jackie Kennedy
presented by **Frank Sachs**



November 22, 1963 – The day a generation lost their innocence, and how a widow taught us to grieve. Much is said about November 22, 1963, and the Kennedy assassination and its many conspiracy theories that have evolved around it; but little attention is paid to the perspective of the first lady, Jackie Kennedy, and how she set out to define and immortalize her husband's legacy. It is she who determined how her husband would be remembered for generations to come in Camelot.

Frank Sachs is a retired twin cities educator of 40 plus years including 37 years at Blake School. 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.

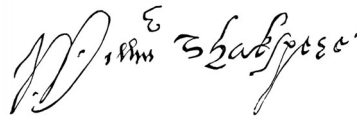
Monday, May 19, 2025
9:30 a.m. — 10:30 a.m.

Love, Hope, and Shakespeare
presented by **Emily Schoenbeck**



One of the most famous love stories in the world, Romeo and Juliet, is Shakespeare's most iconic play. Steeped in imagery of fate, this youthful tragedy is responsible for many of our popular notions of destiny. Learn what these famous star-crossed lovers can teach us about passion, poetry, and hope.

Originally from South Dakota, Emily Schoenbeck is a seventh year PhD candidate in English Literature at the University of Minnesota, where she specializes in Shakespearean drama and film adaptation.



Christ in the Passover
presented by **Chad Wensink**



This topic explores the role of Jesus as a prophet who is like Moses (Deuteronomy 18:15-19; Acts 3:17-26). God commanded the Israelites to keep the Passover every year following the Exodus; and the Jewish people have continued to practice celebrating the Passover to this day. This topic analyzes the rich symbolism of the Passover and how Jesus uses that symbolism in His Passover celebration with his disciples at the Last Supper. This history gives many rich insights into how Passover, the Passion of Christ, and Communion (the Eucharist) are tied together in Biblical narrative and history.

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. Chad is a popular speaker here at SALT and is back with a new topic this Fall. He previously spoke on 'The History and Reliability of the Bible', the 'Biblical Importance of Water,' and 'The History of Jerusalem.' He is the owner and founder of his own Christian educational company called Sacred

Insights Education. He lives in Fridley with his wife.

Fun fact: I am an aspiring author. I am about halfway through writing another book and I one day hope to publish it so I can sell it at SALT!

Monday, May 5, 2025
11:00 a.m. — 12:00 p.m.

Take Me Out to the Ballgame: A History of Twin Cities Ballparks
presented by **Dr. Kristin Anderson**



Enjoy a richly illustrated presentation about the historic and contemporary baseball parks of the Twin Cities. Beginning with the early baseball grounds and simple wooden ballparks of the late 19th century, we'll visit Nicollet Park and Lexington Park in the early 20th century, see Midway and Met Stadiums at mid-century, and finish our virtual tour with a look at two modern wonders, Target Field and CHS Field.

Kristin Anderson, Professor Emerita of Art & Design at Augsburg University, taught art and architectural history, including American Art, Scandinavian Art, Women and Art, and the Twin Cities' architectural history through her popular course, 'The Designed Environment.' She received Augsburg's Distinguished Contributions to Teaching and Learning Award in 2005. Kristin researches sports architecture and is co-authoring a book on Twin Cities sports facilities for the University of Minnesota Press. Her other interests include Scandinavian-American folk art and Norwegian-American altar paintings. She frequently speaks at community events, offers tours at Target Field, and explores topics like architecture, sustainability, and art in baseball.

Communicating the Chaos: When Riots Ripped My Hometown
presented by **Paul Omodt**



The world's attention was gripped in May 2020 following the murder of George Floyd and the civil unrest that followed. But how did days and nights of rage suddenly end when strategic communicators stepped in and provided the framework to drive change? Learn how a Minneapolis native and his team helped turn the tide.

Paul Omodt is the founder of Omodt & Associates Critical Communications, a full-service communication firm specializing in crisis and critical issues communication. He is a 35-year veteran of the Minnesota communication scene and a nationally recognized communications practitioner. He has navigated some of Minnesota's biggest communication issues, from drunk pilots to plane crashes, from the election of a wrestler-governor to the building of Twins stadiums and world-class theaters. Paul has earned the communication industry's highest recognitions, including a Public Relations Society of America Fellowship and the International Association of Business Communicators SCMP, an ISO-certified designation for international practitioners. He has been an adjunct professor at the University of St. Thomas for more than a

decade, and teaches in both the undergraduate and graduate programs. Paul has published several innovate research studies.

Monday, May 12, 2025

9:30 a.m. — 10:30 a.m.

Cybersecurity – Keep Yourself Safe Online

presented by **Bill Raker**



This presentation provides education on how to recognize “Red Flags” that may help you avoid scams. It will give you practical information on how to protect your privacy and your identity on both social media and on online. It will help you identify fake “phishing” emails. Common scammer tricks and tactics are also revealed.

Bill Raker, AARP member, Fraud Watch Network and Advocacy Team volunteer, recently retired after more than 20 years as Pres/CEO of US Federal Credit Union. Bill is a frequent speaker on fraud, scams and cybersecurity. His background includes certification training from the International Association of Financial Crimes Investigators (IAFCI). Raker currently serves as chair of the Egan Airport Relations Committee. He is serving on the Flint Hills Resources Community Advisory Council. He also frequently serves as a host on the TV show "Access to Democracy," available on public access TV stations throughout Minnesota and on YouTube. Raker holds BS and MS degrees and is a CUES Certified Credit Union Executive.

The Six Pillars of Brain Health

presented by **Tom Rinkoski**



The presentation will build upon research originally compiled by the Council on Brain Health. The Council explored six areas in which people can foster brain health through their daily actions. These actions have been researched by major universities worldwide (these will be referenced in the presentation). We will explore areas in which we have personal control like diet, sleep, exercise, and stress management. This is NOT a presentation on medicine, herbal supplements, or other interventions, but one dedicated to ways in which



we can daily promote brain health, no matter our age.

Tom Rinkoski is a retired educator. He began his research into brain health as a caregiver for his Dad, who had Alzheimer's. He deepened that exploration when working as a caregiver coach for an outstate agency on aging. He has continued his interest in brain health through learning opportunities with Mayo Clinic, University of Minnesota, and the National Institute of Health. He holds a M. Ed. from Boston College.

Monday, May 12, 2025

11:00 a.m. — 12:00 p.m.

The Top 100 Countdown

presented by **Mike Henry**



Using the Billboard pop charts (the music industry standard), Mike applied various analytics to come up with the 100 most popular records between the years 1955 and 1975. He then counts them down, from #100 to #1, playing clips from the original recording of each record, along with pictures and entertaining stories.

You'll recognize most of these since each one was a blockbuster hit. Many of your favorites will be here. This will be a fun way to reminisce with the music that became the soundtrack of our lives.

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.

Our Grandy (Duchy) Adventure

presented by **Ben Welter**



Want to spend a few of your golden years abroad? You'll need a great companion, a good retirement income, and a healthy sense of adventure. When the pandemic travel restrictions eased in 2022, Ben and Mona Welter shed virtually all their belongings, sold their house in Richfield and moved to Luxembourg. For nearly two years, they immersed themselves in the life of the Grand Duchy. They hiked fields and forests, worked at a World War II museum and an English-language newspaper, bought venison and wild boar at Aldi, enjoyed warm Glühwein and hot Kniddelen at Christmas markets and learned a bit of French, German, and Luxembourgish along the way.

Ben Welter, a Minneapolis native and former copy chief at the Star Tribune, gained Luxembourg citizenship seven years ago, thanks to ancestral ties and a chance encounter at the back of a church in the Grand Duchy. Ben is a proud great-grandson of Michael Welter, a Luxembourg farmer who was born in Medernach in 1828. He immigrated to the United States in 1854 and settled on a farm in Chanhassen in the early 1860s. More than 150 years later, Ben and his wife, Mona, followed Michael's journey in reverse, moving to Luxembourg and renting an apartment in Ettelbruck, a small city not far from where Michael's family tilled the soil.