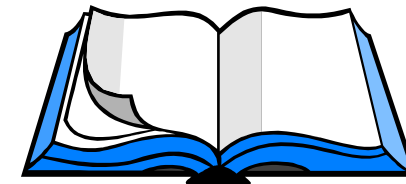


EXPLORE & DISCOVER SALT FALL 2025

**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.
October 6, 13, 20, and 27**

at

**NEW LOCATION: Grace Lutheran Church
7800 West County Road 42, Apple Valley, MN 55124**

RISENSAVIOR.ORG/SALT

**NEW LOCATION: GRACE LUTHERAN CHURCH
7800 West County Road 42
Apple Valley, MN 55124
INFO AT: RISENSAVIOR.ORG — (952) 431-5222**



Monday, October 6, 2025
9:30 a.m. — 10:30 a.m.

Breaking The Code
presented by **Chris Omodt**



Chris Omodt, a seasoned police detective, brings us an unforgettable story of crime, loyalty, betrayal, and ultimately, redemption. He will discuss the book he and co-author, Pat Matter, wrote. Matter was the founder and 21-year former president of the *Minnesota Hells Angels*. Omodt will discuss the investigation into the *Hells Angels*, Matter's life and subsequent imprisonment, Matter's cooperation, and his time in federal witness protection. He will address many more things from the *Hells Angels'* war with the *Outlaws* to highly successful custom motorcycles. Since his release from prison and the release of the book in 2014, Omodt and Matter have provided training to several law enforcement agencies in Minnesota and also several other states throughout the U.S. on motorcycle gang investigations and motorcycle gangs fact vs fiction. This is a great story of redemption.

Chris Omodt is a veteran police detective who spent 32 Years in Law Enforcement, specializing in organized criminal investigations which included Outlaw Motorcycle Gangs. He retired from the Hennepin County Sheriff's Office in 2012, and is a former criminal justice college adjunct.

Omodt has an AA degree in Law Enforcement and a BS degree in Management. He is a graduate of the FBI National Academy. He was most recently featured A&E Network's "Secrets of the Hells Angels," filmed in 2023 and aired in 2024. He is the co-author of the book "Breaking the Code, A True Story by a Hells Angel President and the Cop Who Pursued Him."

USS Johnston: Decoding the Second-Deepest Shipwreck in the World
presented by **Ken Stano**



Missing for 75 years, the USS Johnston is the most iconic and unknown WWII shipwreck. She was a tiny tin can destroyer that fought like a battleship to stop the mighty Japanese Navy in 1944. In 2019, wreckage from a Fletcher-class destroyer was discovered four miles under the Pacific Ocean. Was it the USS Johnston? We will analyze the debris, compare it to preserved counterparts on the museum ship USS Kidd, and reveal how the heroic USS Johnston met its end.

Ken Stano, creator of the UTube channel History X, is a WWII historian, mechanical engineer, and pilot. He is producer and host of the video podcast Museum Ship Mafia. He loves digging into obscure details and secrets of WWII. These little-known WWII heroics fascinate him, and they will fascinate you as well.

Monday, October 6, 2025
11:00 a.m. — 12:00 p.m.

Amelia Earhart & Her Cousin
presented by **Nancy Earhart Burt**



Amelia's second cousin, Nancy Earhart Burt from Hastings, MN, presents a program on the life of Amelia Earhart. Nancy shares all within an interesting and educational slideshow of Amelia Earhart's life, with audio and video clips. There are two parts to the program. In the first half, *Amelia* will arrive in costume and share highlights of her amazing life story, growing up in Kansas on the banks of the Missouri River, moving around a lot as a kid, finding her interest in flying, her momentous flying events, her marriage, and her thoughts on women. She discusses how we all need to find the courage to do what we want in life. In Part 2, *Amelia* needs to leave, and her cousin, Nancy, will step in to share "The Rest of the Story," about what went wrong on Amelia's last flight, theories about what happened to her cousin, Amelia's marriage, the books she wrote, how she made money for future flights, and so on.

Nancy Earhart Burt is a proud second cousin, three times removed, to Amelia Earhart. Nancy developed this program on her cousin, Amelia, in 2023 for the fun of it, and has presented many times in Arizona, Idaho, and Minnesota. Nancy has had a life-long interest in women's issues, as had her cousin, Amelia. Nancy has a master's degree in counseling and has held a variety of "helping" positions including college instructor, non-profit director, corporate trainer and career counselor. Sit back and enjoy an interesting hour!!

The Tjärnblom Music Group
presented by **Val Eng, Cheryl Paschke, Erin Walsh, Joe Alfano**



Tjärnblom, Swedish for "woodland lake flower," is a Scandinavian-style string band featuring a beautiful blend of Nyckelharpa, Octave Mandolin, Harmonium, and Cello. They travel a modern "Snoose Boulevard Highway" in a musical journey, and play a repertoire of both old and new Swedish, Finnish, Minnesota, and original tunes for dancing and listening. They have performed across the Midwest and have appeared on Minnesota Public Radio's *A Prairie Home Companion* show. The name *Tjärnblom* is in honor of the Swedish grandfather of one of the band members.

Join us to experience the captivating sounds of *Tjärnblom* as they weave together the enchanting tones of their musical instruments. Don't miss this unforgettable performance and

discover the rich tapestry of Scandinavian music with *Tjärnblom*.

Monday, October 13, 2025
9:30 a.m. — 10:30 a.m.

The Lonely Road We're on with God
presented by **Don Knutson**



The Lonely Road We're on with God is the story of a lifetime. The author and speaker spent 18 months reviewing his life and writing about it. The book is his witness and legacy for family, the church, and anyone interested in reading an autobiography of an 80-year-old Lutheran Pastor and Professional Chaplain. He tells stories that include life in North Carolina following MLK's assassination in 1968-69, the farm crisis hitting South Dakota in the 1980s, and indoor air pollution and chemical sensitivities affecting his family's health. Suffering from major depression, he faced his deepest losses and fears. This led him to become a professional chaplain. If, after you hear him speak and you want to get to know him better, you can buy his book, *The Lonely Road We're on with God*. You, too, may be on a lonely road in life. We're all in this together with God.

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. He says he may hold the record as the Lutheran pastor with the most Roman Catholic descendants!

The Use of Music and Sound for Health, Wellness, and Anti-aging
presented by **Cathleen Gempeler**



Unlock the healing power of music! Join us for an enlightening one-hour presentation exploring the therapeutic benefits of music. This experiential and interactive session will provide valuable information and answer your questions. Discover new ways to enhance your vitality and health through the power of sound. All are welcome to attend this transformative event. Bring an open mind and prepare to be amazed. Experience the potential of music to heal and rejuvenate your well-being. Don't miss this opportunity to learn, grow, and connect with the healing vibrations of music.

Cathleen Gempeler is a graduate of the University of Wisconsin, Eau Claire, WI, earning a Bachelor of Music degree with a specialization in music therapy. Cathleen began piano lessons in the first grade, and piano continues to be a passion. In August 2023, Cathleen earned a

certification in sound healing/sound therapy from the Globe Institute of Sound and Conscious under the direction of David Gibson. Cathleen has presented to a variety of audiences and enjoys seeing people become excited about the use of sound and music for healing, health, and wellness. Currently, Cathleen is the sound healer at the YMCA in Burnsville, Minnesota, teaching sound bath meditation classes every Tuesday and Thursday morning, assisting individual clients, and offering group community events.

Monday, October 13, 2025
11:00 a.m. — 12:00 p.m.

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.

Bird Migration
presented by **Stan Tekiela**



Unlock the mysteries of bird migration with world-renowned author and photographer, Stan Tekiela! In this captivating hour-long course, Stan shares his stunning photography and fascinating insights into the incredible journey of North American birds. Based on his book, *Bird Migration, the Incredible Journey of North American Birds*, this presentation is filled with award-winning images, fun stories, and information that answers many questions. How do birds find their way? How do they know when to leave and arrive? Join Stan as he unravels the secrets of bird migration, offering a lively and engaging experience for all bird lovers. Don't miss this opportunity to learn from a master and witness the beauty of migration through his lens!

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.

Monday, October 20, 2025
9:30 a.m. — 10:30 a.m.

NASA’s Space Grant Consortium — Launching Things Surprisingly Close to Space, from Minnesota!
presented by **Dr. James Flaten**



This presentation will discuss *NASA’s MN Space Grant Consortium*, which offers NASA-themed educational programming for college/university students and faculty (and through them to MN communities). Particular attention will be paid to student-built things that fly, especially high-power rockets and “mock” spacecraft. We use weather balloons to carry the latter into the stratosphere (AKA “near-space”), which has many of the same properties and views as outer space. Stratospheric ballooning is the nearest thing to spaceflight that can be conducted in Minnesota.

Dr. James Flaten is the Associate Director of NASA’s Minnesota Space Grant Consortium, a higher education program whose goals include promoting interest in space science and space exploration. Though housed in the Aerospace Engineering and Mechanics (AEM) Department, Prof. Flaten’s academic background is actually in experimental physics; and he has also taught many physics, astronomy, and basic engineering classes in the past. He enjoys using ballooning (stratospheric free-ballooning and lighter-than-air RC airships), high-power rocketry, quadcopters, and robotics giving students hands-on experience building and operating NASA/aerospace-related hardware.

Vanishing Landmarks
presented by **Doug Ohman**



Back by popular demand, world-renowned photographer and storyteller Doug Ohman returns to share his passion for Minnesota’s hidden gems in his course, *Vanishing Landmarks*. Embark on a visual journey through forgotten backroads and charming small towns, as Doug recounts fascinating tales of Minnesota’s historic buildings that are on the brink of disappearing. With his keen eye and engaging narrative, Doug unveils the unique stories and encounters he’s gathered while visiting these captivating sites. Join Doug for an unforgettable hour of exploration, history, and breathtaking imagery. Discover the beauty and significance of Minnesota’s vanishing landmarks before they fade away forever. Don’t miss this opportunity to learn from a master storyteller and preservationist.

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

Monday, October 20, 2025
11:00 a.m. — 12:00 p.m.

Ezra’s Quill: A Dramatic Exploration of the Old Testament’s/Hebrew Bible’s Assembly
presented by **Jonathan Nye**



Before there was a bound Bible, there were scattered scrolls, silence, and a city in ruins. Then came Ezra. Join us for *Ezra’s Quill*, a vivid, dramatic interpretation of the life and legacy of Ezra the Scribe, the man credited with helping compile, restore, and preserve much of what we now call the Old Testament/Hebrew Bible. Through creative storytelling, biblical narrative, and immersive performance, we’ll explore how Ezra’s passion for God’s Word helped shape the identity of a people returning from exile. This presentation brings ancient scripture to life and reveals the remarkable courage behind the quiet act of writing. Experience the tension, the triumph, and the timelessness of one man’s mission to gather truth from the ashes and bind it into a legacy of faith.

Jonathan Nye graduated from Augsburg College in 1972 with a B.A. in Music Education. He is a retired music teacher, choir director, and amateur actor, is a lifelong student of Scripture, endlessly fascinated by its formation and transmission. His bookshelf, a blend of Bibles and theological writings, reflects his curiosity, fueled by ancient texts and modern insights. Using his storytelling skills honed through Toastmasters, he engages hearts and minds by bringing story and spirit together. Nye’s diverse background includes piano tuning and managing senior housing, reflecting his love for the arts and interest in theology.

The Legend of Klondike Kate
presented by **The Royal Order of Klondike Kates, Sheryl Williams, Klondike Kate 2019**



The *Klondike Kates* will share the history of the original Klondike Kate, the Klondike Kate character, and the Winter Carnival Legend through stories and song.

The Klondike Kates are the mistresses of fun for the Saint Paul Winter Carnival. The Klondike Kate character is modeled after Kathleen Rockwell, an entertainer and businesswoman in the Klondike region during the Gold Rush of the late 1800s. Each year a new Klondike Kate is selected during the annual Klondike Kate Contest, which serves as the unofficial kick-off to the Winter Carnival. The newly-sashed Kate will make 350 to 400 appearances during her reigning year. The Royal Order of Klondike Kates is a 501(c)(3) nonprofit organization. Our volunteer members make appearances during the Winter Carnival and throughout the year at festivals, parades, shows, fundraisers, veterans events, senior living facilities, schools, and community organizations. Our performance style is best described as sweet and sassy.

Monday, October 27, 2025
9:30 a.m. — 10:30 a.m.

How Religion Is Becoming Obsolete
presented by **Rev. Dr. Steve Thomason, PhD**



Many people of the older generations (Boomers and Builders) wonder why their children and grandchildren don't attend church. Many often think they did something wrong in raising them. This course will take some of the guilt/pressure off of these concerned grandparents and demonstrate how massive cultural shifts have left the post-Boomer generations increasingly uninterested in organized religion. Dr. Thomason will review recent research by Christian Smith's book, *Why Religion Went Obsolete*, and bring it into conversation with his research on the church in the suburban context. The content of this course is designed to be informative about the WHAT and WHY of our current cultural moment, and offer some practical steps on HOW we might connect to the younger generations.

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.

Getting Started With Artificial Intelligence (AI)
presented by **Mike Pahl from Nice Guys Technology**



Curious about artificial intelligence but not sure where to start? In this introductory class, we'll explore what AI (Artificial Intelligence) is, how it's already a part of your daily life, and how you can use it in helpful ways, from planning meals and trips, to improving your writing or generating images. We'll break down key terms like machine learning and generative AI in simple, easy-to-understand language, and highlight practical tools like ChatGPT, Copilot, and Apple Intelligence. No technical background is needed, just bring your curiosity and questions as we explore the fascinating new world of AI together.

Mike fell in love with technology in elementary school. He discovered that he loved helping people with technology while helping his friends' parents after school. After graduating from high school, Mike started working at the Apple Store Mall of America. He sensed

that there was a need for a better way for consumers to get tech help, and he left his job at Apple to launch Nice Guy Technology LLC in February 2011. For the past 14 years, Mike and his team at Nice Guy Technology have helped over 2600 clients across the Twin Cities metro with Macs, PCs, iPhones, Android Phones, iPads, printers, TVs, routers, and much more.

Monday, October 27, 2025
11:00 a.m. — 12:00 p.m.

Ghost Signs and Grain Bins: A Look at Minnesota's Farming Heritage
presented by **Jay Grammond**



Step into the fading paint and rusted tin of Minnesota's agricultural past in this visually rich and story-filled presentation. *Ghost Signs and Grain Bins* uncovers the once-bold advertisements that graced barns, brick walls, silos, and grain bins, remnants of a time when agricultural branding was as rooted in the land as the crops it helped grow. We'll explore historic Minnesota farms, honor a few trailblazing age pioneers, and journey through the state's most iconic grain elevators and farmstead bins. Whether you walked these fields or grew up near a co-op, this talk promises a nostalgic look back at the signs, symbols, and stories that shaped Minnesota's rural landscape.

Jay Grammond is a Minnesota-based photographer, author, and public speaker known for capturing the essence of Americana, rural landscapes, and fading history through his lens. As the creative force behind JGrammond Photography, he leads photography workshops, speaks at cultural and historical events, sells fine art, and publishes books that preserve visual stories of the past. His work has been featured in galleries, healthcare spaces,

radio, TV, and podcast programs, and educational programs throughout the region. Jay is passionate about using photography to honor veterans, explore forgotten places, and inspire others to pursue meaningful personal projects, and to plant the idea with them that it is never too late to start something new.

Feel the Beat: West African Drumming & Movement
presented by **Directors Fode Bangoura & Whitney McClusky MacPhail Music for Life**

Discover the joy and energy of traditional West African rhythms in this interactive drumming experience! Master drummer *Fode Bangoura* will demonstrate the djembe, a hand drum from Guinea, sharing both technique and cultural stories behind the beats. Then, *Whitney McClusky* will lead you through a few minutes of easy, African-inspired movement, perfect for all abilities, whether standing or seated. No experience needed, just bring your enthusiasm and find your inner rhythm!



Fode Bangoura and Whitney McClusky are Co-Directors of Duniya Drum and Dance, an organization established in 2007 with a mission to provide opportunities for communities to learn and experience traditional West African rhythms and movements. Fode Bangoura hails from Guinea, West Africa, and has been recognized internationally for his work as the lead drummer with the acclaimed ensembles "Les Merveilles de Guinée" and the national ballet of Guinea, "Les Ballets Africains." Whitney McClusky began her study of African dance at The Djoniba Dance and Drum Center in New York with Master dancers from "Les Merveilles de Guinea" and "Les Ballets Africains".

ATTENDING SALT MADE EASY: WALK RIGHT IN

**Note our new location at Grace Lutheran Church
7800 West County Road 42, Apple Valley, MN 55124**

**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 worship space, one in the hall)
- **10:30-11:00 a.m.:** coffee/cookie break in the lobby and in the narthex
- **11:00 a.m.-12:00 p.m.:** second two programs (one in the worship space, one in the hall)

**Presentations: \$10.00 per person per Monday
(Pay with cash or checks made out to SALT)**

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 fall.**

We are again offering a “Season Pass” for this Fall SALT season for \$35 per person, which covers all four Fall 2025 Mondays. You purchase the Fall 2025 “Season Pass” at the first session on Monday, October 6, 2025, for \$35/person, and you are good to go for the following three Mondays, October 13, 20, and 27. (Payment with cash or checks made out to SALT. 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 hall, 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 30 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!

SALT

A Look at Seniors Learning Together, Inc.

Discover the enriching opportunities offered by the SALT program, where we have proudly served our communities for 28 years by providing exceptional learning experiences for individuals aged 55 and over.

This fall, we invite you to join us for four engaging Monday mornings filled with insightful presentations from a diverse array of excellent speakers. *Please note an important change: This fall, the SALT program will be held at our new location: Grace Lutheran Church, located at 7800 West County Road 42, Apple Valley, MN 55124.* This change was made to better accommodate the needs of our SALT audience, providing an enhanced and more comfortable learning environment.

Our SALT program is designed to explore and discover a multitude of topics that cater to your interests and enhance your knowledge. Each session offers a unique opportunity to delve into areas ranging from the wonders of nature and the complexities of history to the profound aspects of religion and personal testimonials. Our carefully curated lineup of speakers brings a wealth of experience and expertise, ensuring that each topic is presented with depth and clarity. Whether you are looking to expand your understanding of the world, engage in stimulating discussions, or simply enjoy the company of like-minded individuals, the SALT program is an excellent choice for your fall learning journey. Our new location at *Grace Lutheran Church* offers ample parking, accessible facilities, and a welcoming atmosphere, making it easier than ever to participate in our engaging sessions.

Join us as we embark on this enlightening experience, designed not only to enrich your mind but also to foster a vibrant community of learners. The SALT program promises to be a rewarding avenue for intellectual growth and social connection. *We are excited to welcome you to Grace Lutheran Church for our fall sessions and believe the new venue will greatly enhance your experience.*

Please be advised that the location for the SALT program has been changed to Grace Lutheran Church in Apple Valley starting this fall. We want to emphasize that SALT is solely utilizing the facilities of *Grace Lutheran Church* for the purpose of hosting the program. SALT does not represent, nor does it share, the views of *Grace Lutheran Church*. SALT remains an independent, interfaith non-profit organization with no specific religious affiliations.

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. We look forward to seeing you at our new location!



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), The Well (Rosemount),

and with additional generous donations from the Burnsville-Savage Lions Club.

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