



University of Minnesota Duluth Summer Housing

UMD Summer Times

189 Lake Superior Hall Information Desk (189 LSH)
Phone (218) 726 - 7390 / Hours: 7:00 am - 10:00 pm

Announcements

July 17, 2009

Summer Dinner Dance

Thursday, July 23rd

Our annual dinner and dance for the Summer Senior Program will be held on July 23rd at 5:00 pm in UMD's very own Kirby Ballroom. The menu includes summer favorites such as cold fried chicken, hot BBQ chicken, potato chips, potato salad, baked beans, corn on the cob, veggies with dip, fresh watermelon, beverages, and assorted bars. After dinner, enjoy the Big Band sounds of Greg Moore and his four piece band!

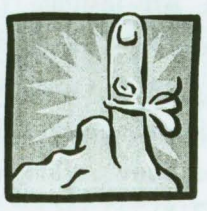
Vista Cruise Reminder

Please remember to turn in your Vista Cruise Reservation, which is a half sheet of light green paper in your Information Packet, by Wednesday, July 22nd at NOON to reserve your spot on the July 29th Cruise! Bring reservations to the LSH 189 Information Desk.

Summer Senior Swing

Mondays at 1:30 pm- Lester Golf Course (Check-in at 1 pm)

A beautiful day, spectacular views of Lake Superior, and fifteen Summer Swing golfers were ready to tee it up. At the 1:30p tee time, the foursome of Pete Peterson, Jane Beck, John Jackson, and Joe Beck launched their tee shots own the #1 fairway and the game was on. Pete rolled in a 32-foot putt and Jane wraps her shot out of the greenside bunker in the flag. The ball, falling 3 feet from the hole, allowed Jane to par the hole. Al Reck, Joe VanWey, Lucy Weeks, and John Weeks had the 1:37p tee time. Several good putts and hard earned bogeys kept this foursome close to par for their round. Julie Orrick, Jack Myklebust, and Bill Wrigley went after "Mr. Par" with Julie Orrick hitting some good tee shots, like the tee shot of #4. Bob Healey, Bill Noreus, Ann Healey, and Bob Gill had the 1:51 tee time and AJ with all the groups found the greens not giving up many pars. Perhaps next week a few more pars and maybe a birdie or two will put some smiles all around. See you next Monday. (Article Written By: Joe Beck, Senior Summer Swing Coordinator.)



Save the Dates

Dinner Dance: July 23rd	Vista Cruise July 29th	Golf Scramble: August 4th	Fish Boil: August 13th
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Keep your eye out for more information in the UMD Summer Times.

Attention: Heaney Residents

Several first floor residents have reported suds coming up through their kitchen drains. As best as we can determine, this problem is a result of suds preventing water to drain properly. This is caused by using ultra concentrated dish soap or too much dish soap. So, we must ask residents to be conservative in the amount of dish soap you use and, preferably, do not use ultra concentrated dish soap. You may remember the Brylcreem add, "a little dab'll do ya."

Thank you. -Summer Housing Office

Bridge

All are invited to play Bridge every Friday at 7:00pm in the Heaney Hall Service Center! Make great friends and enjoy a great game! Call x7668 if you have trouble getting in the building.



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Questions...

**Comments...
Concerns?**

**Stop by 189 LSH
or
Call x7390**

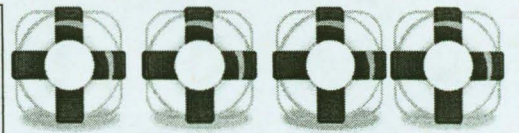
More on Sustainability

Mindy Granley gave a great presentation of what her job is here at UMD. Roy Larson, who teaches courses in Environmental Science in Lifetime Learning Classes in Arizona, has volunteered to spend a 90 minute discussion period talking about how the U.S. compares with other countries in energy, water use, and recycling.

This presentation will be 90 minutes long and will be given in the Griggs E/F 2 Multipurpose Room on Tuesday, July 28th starting at 10:00 am. Come down to this presentation and learn more about sustainability!



Events Around Duluth



Boulder Lake Environmental Learning Center

Boulder Lake Environmental Learning Center provides comprehensive educational programs that contribute to increased understanding and appreciation of natural resource management practices through the Boulder Lake Management Area which provides an interpretive window to showcase resource management and hydropower generation in a working forest, and illustrates the many social, biological, and economic benefits of that forest.

Check Out These Presentations:

Fur Trade in Northeastern Minnesota
July 19th

Free, no pre-registration required

Wilderness First Aid Basics

August 1st & 2nd

Pre-register only 6 seats left



How to Use a GPS Receiver

August 8th

An Introduction to Landview for Landowners, Foresters and Loggers

August 8th

For more information call 218-721-3731, or go to www.boulderlake.org. Or in person visit 7328 Boulder Dam Road Duluth, MN 55803

Movies in the Park

Friday, July 17th, 2009

at Dusk in Leif Erickson Park

This week's movie is "Men In Black." Please remember to bring a blanket or folding chair and a flashlight. Free to the public! Enjoy a movie under the stars.

38th Annual Park Point 5 Miler and 2 Mile Walk

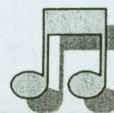
Friday, July 17th, 2009

5:30 pm

Held at end of Park Point

Come participate or watch Northern Minnesota's oldest road race featuring both a run and walk divisions. The proceeds of this event will benefit the Youth Athletes Foundation. The cost to participate is \$20 for pre-registration or \$25 late registration. For more information about this event, call 218-727-0947 or visit www.grandmasmarathon.com.

Steve Earle



Wednesday, July 22nd, 2009

Big Top Chautauqua

7:30 pm

Steve Earle is an American singer-songwriter, well known for his rock and country music, as well as his political views. He is also a published writer, a political activist and playwright. In his early career, he was seen as a savior of country music and hailed by some as the "new Bruce Springsteen." In the later part of his career, he has become known as "the hardcore troubadour". Steve Earle's songs have appeared in many major motion pictures and television - and he has received 13 Grammy nominations and 2 wins for Best Contemporary Folk/Americana Album in 2005 and 2008. Tickets are \$48/\$40/\$30. Event is held at the Big Top Chautauqua on Mt. Ashwabay in Bayfield, WI. Call (888) 244-8368 or visit <http://www.bigtop.org> for more information.

Duluth Community Relay for Life

Friday, July 17th, 2009

6 pm-6 am



This overnight family-friendly community event celebrates our area's survivors and raises cancer awareness. The event will be held on the science lawn at CSS. Anyone who is interested in joining or forming a team can register online at www.events.cancer.org/rflduluthmn and/or stop by our Spring Kickoff on Thursday, April 16th at 6 pm at Holy Cross Lutheran Church. Also, we're always looking for volunteers to join the planning committee. Our next committee meetings will be held at 6 pm on May 14, June 11 & 25 and July 9 of 2010. Anyone interested in becoming more involved please call the number listed. For more information call (218) 348-3432, or go online and visit www.events.cancer.org/rflduluthmn.

Lake Superior Days


Friday, July 17th, 2009

In honor of Lake Superior Days several downtown Duluth galleries and the Duluth Art Institute will be hosting free receptions. Some of the participating galleries include the Art Dock (394 South Lake Avenue), Blue Lake Gallery (395 South Lake Avenue), Duluth Art Institute (The Depot ~ 506 West Michigan Street), Sivertson Gallery (361 Canal Park Drive), so stop in and enjoy the art work and summer shows. For more information call (218) 722-1451.



Your UMD Summer RAs!

Oakland A Apartments



Hometown: St. Cloud, MN

Year at UMD: Junior

Major: Psychology

Plans for the upcoming school year: RA, do well in school, and work on improving sustainability at UMD!

Favorite Color: Blue

Favorite Food: Salsa, sometimes made with Jack and sometimes made with my girlfriend

Favorite Childhood Memory: Playing with my sister

Favorite Summertime Activity: Frisbee

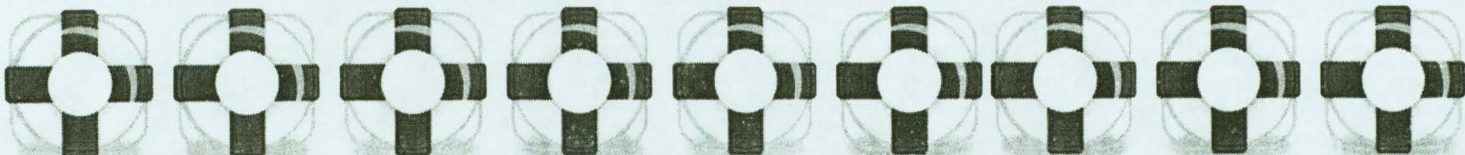
Hobbies/Interests: Tennis, Guitar, Frisbee, Beach, and Photography

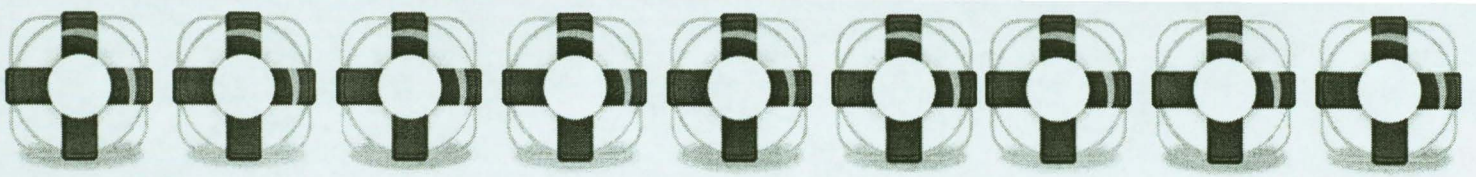
One word that describes you: Jacked (or Tan)

Dream Job: Rocketman!

Tom

Cariveau





**Jack
Bergman**

Hometown: Coon Rapids, MN

Year at UMD: Junior

Major: Biology, Pre-Dentistry

Plans for the upcoming school year: Volunteer, Study, and be an RA!

Favorite Color: Blue

Favorite Food: Mashed Potatoes and Gravy

Favorite Childhood Memory: Playing Baseball

Favorite Summertime Activity: Playing Sports– Beach Volleyball, Tennis, and Frisbee!

Hobbies/Interests: Music & Guitar

One word that describes you: Awkward

Dream Job: Musician



**Dave
Ronning**

Hometown: St. Cloud

Year at UMD: Junior

Major: Math, Pre-Med

Plans for the upcoming school year: School & Skiing

Favorite Color: Red

Favorite Food: Ice Cream

Favorite Childhood Memory: The Lake!

Favorite Summertime Activity: Being at the Lake

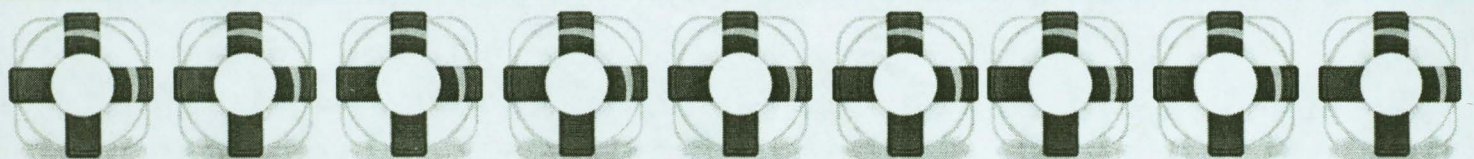
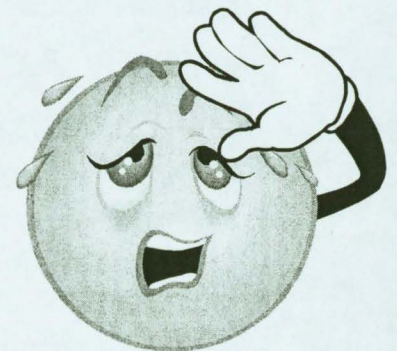
Hobbies/Interests: Sports!

One word that describes you: Active

Dream Job: Doctor

Is it still too cool in Duluth for you? Don't forget that 'It's [Still] So Hot in Arizona That'...

- you can attend any function wearing shorts and a tank top.
- the 4 seasons are: tolerable, hot, really hot, and ARE YOU KIDDING ME??!!
- you discover that in July, it takes only 2 fingers to drive your car.
- you discover that you can get a sunburn through your car window.
- you notice the best parking place is determined by shade instead of distance.
- hot water now comes out of both taps.
- it's noon in July, kids are on summer vacation, and not one person is out on the streets.
- you actually burn your hand opening the car door.
- you break a sweat the instant you step outside at 7:30 a.m. before work.
- no one would dream of putting vinyl upholstery in a car or not having air conditioning.
- your biggest bicycle wreck fear is, "What if I get knocked out and end up lying on the pavement and cook to death?"
- you realize that asphalt has a liquid state.
- a sad Arizonan once prayed, "I wish it would rain - not so much for me, cuz I've seen it -- but for my 7-year-old."





HEAR YE !

HEAR YE !

**FREE
SHOW!**



**BARB AND JACK
ARE BACK
TO DO ANOTHER MUSICAL**

WHEN:

**7 P.M. TUESDAY
JULY 21, 2009**

**BALLADS
BROADWAY
CROSBY
SINATRA
COMO
CLOONEY
DORIS DAY
ETC.**



WHERE:

**GRIGGS
MULTIPURPOSE
(BINGO) ROOM**

**ALL THE SONGS
YOU'D LOVE TO
HEAR AGAIN!**

**BARB AND
JACK ARE SENIOR
RESIDENTS
AT HEANEY HALL**

*** Menus are subject to change ***

Dining Center Menu

OPEN HOURS

Monday -Friday

Breakfast- 7:00am-9:00am
Lunch- 11:00am-1:00pm
Dinner- 4:30-6:30pm

PRICES

Breakfast \$5.75+tax
Lunch \$7.25+tax
Dinner \$8.25 +tax

5-meal ticket \$35.00
10-meal ticket \$70.00

July 20th - July 26th 2009

Monday, July 20th

Breakfast-Open for Camps-

Scrambled eggs, sausage links, breakfast potatoes, boiled eggs

Lunch-Open for Camps

Assorted soups, burrito bake, meatless Spanish, burgers, fries, peas, pretzels, pasta bar

Dinner-Baked ham, escalloped potatoes, broccoli, cheesy rice w/veggies, assorted soups, sandwich bar, potato rolls, chicken breasts, burgers, cookies

Tuesday, July 21st

Breakfast-Open for Camps-

French toast, bacon, breakfast potatoes. Boiled eggs

Lunch-Open For Camps

Assorted soups, hot turkey sandwich, mashed potatoes, gravy, tomato basil bake, baby carrots, burgers, fries, taco bar, pretzels

Dinner- Meat Lasagna, garlic bread, meatless pasta w/ cheese sauce, green beans, burgers, hotdogs, assorted soups, sandwich bar, assorted cakes

Wednesday, July 22nd

Breakfast-Open for Camps-

Blueberry pancakes, sausage patties, breakfast potatoes, boiled eggs

Lunch-open for Camps-

Assorted soups, BBQ beef sandwich, white & wild rice hot dish, Broccoli, burgers, picnic bar, pretzels

Dinner- Meatloaf, mashed potatoes, gravy, peas and carrots, bratwurst, burgers, broccoli & cheese casserole, assorted soups, sandwich bar, cupcakes

Thursday, July 23rd

Breakfast-Fried eggs, bacon, breakfast potatoes

Lunch-Meatballs and spaghetti sauce, Meatless orzo and peas, BBQ bar, garlic bread sticks, asst soups

Dinner- Pepperoni, sausage or cheese pizza, meatless barley mushroom bake, assorted soups, sandwich bar, assorted soups

Friday, July 24th

Breakfast-Biscuits and gravy, ham patties, breakfast potatoes

Lunch-Sloppy Joes, French fries, sour cream noodles, potato bar, assorted soups, baby carrots

Dinner- Chicken roasted garlic alfredo, meatless south west beans and rice, Italian vegetable, cheddar wurst, assorted soups and sandwich bar, assorted bars

Saturday, July 25th

Closed

Sunday, July 26th

Closed



This Week at UMD



Environmental Series

(Pre-Registration Required)

THIS WEEK:

Tuesday, July 14th at 2:00 pm

Wildlife Hike in Congdon Park
with Tim Bates



IN TWO WEEKS:

Tuesday, July 28th at 2:00 pm

Gooseberry Falls Discovery Hike
with Tim Bates

Gooseberry State Park is one of Minnesota's premier state parks: it has waterfalls, Lake Superior Shoreline, and much more. Discover some of the stories behind the natural wonders of this spectacular site. Explore the visitor center. Find out why this area is so rugged and maybe find an agate. Expect a moderate walk of about 3 miles. Limited to 27 participants. Meet in front of the Oakland B lobby dressed for the weather and wearing walking shoes.

Library Tour

Friday, July 17th at 2:00 pm

Meet in the library rotunda for your all access tour!

Wellness Venture Series

THIS WEEK:

Thursday, July 23rd at 2:00 pm

Golf Stroke Basics Clinic with Mick McComber, Director

Here's your chance to learn the basics of a proper golf stroke. Focus on basic mechanics, including grip, stance, and swing. Meet in the lobby of the Sports and Health Center. **Remember to bring your golf clubs.**



NEXT WEEK:

Thursday, July 30th at 2:00 pm

Qi Gong with Glen Toby

Qi Gong, in similar to Tai Chi. It is a conscious movement class for all skill levels designed to improve strength, release tension, increase energy, and regain health. A great way to reconnect to you body and move yourself into optimal health. Wear loose fitting clothing and come with an open mind. Meet in the "Gold" room in the Fitness Center.



Lifelong Learning Program

THIS WEEK:

Monday, July 20th at 2:00 pm

'That Liberal Rag is Too Conservative!' and Other ins and outs of the Newspaper Business

By Chuck Fredrick

Meet in Griggs E/F 2 Multipurpose Room



Wednesday, July 22nd

Connect with Art Mini-Series

By Wendy Grethen

Dulcimers: Simple Instruments, Beautiful Music

At 1:30 pm in Griggs E/F 2 Multipurpose Room

Dye a Silk Scarf

At 3:00 pm following the

Dulcimers presentation

(Dye a Silk Scarf is Limited to 12 people and the spots are full!

However, we will begin a waiting list call Lindsey at x7010, leave a message. It is first come, first served. One Silk Scarf costs \$12, two scarves for \$20 payable to instructor.)

NEXT WEEK:



Monday, July 27th at 2:00 pm

Weather in the Northland

By Mike Stewart, Meteorologist
In Griggs E/F 2 Multipurpose Room

Wednesday, July 29th at 1:30 pm

What the Heck is Organic?

By Shannon Szymkowiak, Manager at
Whole Foods Co-Op
In Griggs E/F 2 Multipurpose Room

Weekly Events



Sit' n Sew

Tuesdays at 1pm
Oakland B
Study Lounge



UMD Hiking Club

Thursdays at 10am
Meet between
Oakland A & B



Tennis Club

Tues & Thurs
8:30 am
UMD Tennis Courts



Poker

Tues & Thurs 1pm
Heaney Hall
Service Center



Bridge

Friday 7 pm
Heaney Hall
Service Center



Summer Swing

Monday 1:30 pm
Lester Park
Golf Course





Area Museums



From the Vikings to the Voyageurs and the Chippewa to the Irish, northern Minnesota is a kaleidoscope of heritage and tradition. This history is valued by the people of the area. Their commitment to the past is shown in the number of museums and historical sites, as well as the diligence with which they are maintained. Below are a few of the many museums and historical sites in the area.

Shipping: Our key industry

SS Meteor Museum

300 Marina Drive
Superior, WI

The SS Meteor is the last Whale Backed ship in existence. These unusual looking boats once made up a large percentage of the Great Lakes fleet.

Lake Superior Maritime Museum

Canal Park
Duluth, MN

This museum is free to the public and full of information and exhibits on shipping from the origins of the Duluth harbor to the present shipping culture in the Twin Ports.

William A. Irvin Ore Boat Museum

350 Harbor Drive
Duluth, MN

The closest look possible at one of the great ore boats that the Duluth harbor is most famous for servicing. The tours taken inside the ship's giant hold and the cabins of the ship.

Heritage: People and Traditions

Iron World Discovery Center

801 SW Hwy 169
Chisholm, MN

If you are interested in genealogy or the heritage of those that settled this area, this is the perfect place for you to satisfy your curiosity.

Museum of Wild Life and Indian Artifacts

Hwy 371 & 200 & 2nd Street
Walker, MN

This trip is a bit of a drive, but no exploration of MN's history would be complete without seeing this museum that looks at the role of our indigenous people.

Art: Displays of local and imported

The Tweed Museum of Art

Ordean Court
UMD

Within our own campus, we have one of the best and most current collections of paintings and sculptures in the area. Definitely a must see this summer!!!

St. Louis County Heritage and Arts Center

The Depot
Duluth, MN

Considered the "Ellis Island" of the Northland, this museum features a collection of pieces and exhibits related to the history and people of this city.

Brandenburg Gallery

Main Street
Ely, MN

Home of Jim Brandenburg, a National Geographic photographer, who now owns a gallery featuring some of his stunning work.

Miscellaneous: Everything else you may want to know and more!

3M Museum

Two Harbors, MN

Built in the original 3M offices this museum shows the development of this revolutionary Minnesota company through interactive exhibits.

Greyhound Origins Center

Hibbing, MN

Few native Minnesotans know that the Greyhound Bus Company started in the Northland. Found out more about the origins at this unique museum.