



WINTER/SPRING SPEAKER SERIES

Adult Daytime Programs

Meet up at the LBC on Thursday afternoons for snacks, socializing and speakers. A different topic will be discussed each week. The **Thursday Speaker Series is FREE and open to everyone**, no membership is required to attend. Have a topic you would like to learn more about or would like to present? Contact us at 319-895-9513.

City of Mt Vernon Major Accomplishments Overview

Thursday, January 19th at 1:00 pm

Chris Nosbisch

Join Chris Nosbisch, City Administrator, to review the newly created Mt Vernon Progress Report outlining the major accomplishments in Mt Vernon from 2016-2022. He will discuss future projects and what may be on the horizon in the coming years.

Lessons Learned on an Organic Vegetable Farm

Thursday, January 26th at 1:00 pm

Donna Warhover

Over the last ten years you've probably driven by Morning Glory Farm and wondered "what are they up to now?" Farmer Donna will share lessons learned on an organic vegetables farm. Topics will include seed variety, planting tips & techniques, weed control, pest control, climate change and natural disasters! Donna Warhover started Morning Glory Farm in 2013 with the goal of providing a WELCOMING, safe environment that would allow people to grow, connect, and find healing. This would be accomplished by GROWING healthy food, healthy lives, and a healthy community, as well as SHARING knowledge, space, dreams, and good food. After ten seasons on this small vegetable farm, Donna has learned many valuable lessons that may come in handy in your garden and in everyday life.

Writing My Way Around the World:

Thursday, February 2nd at 1:00 pm

Reflections of a Spiritual Travel Writer

Lori Erickson

Travel writer based in Iowa City, Lori Erickson writes about her spiritual journeys to diverse cultural and religious holy sites around the world. Author of a memoir titled "The Soul of the Family Tree," and two books about her travel experiences.

Iowa's Camp Courageous:

Thursday, February 9th at 1:00 pm

50 Years of Making Dreams Come True for Children and Adults with Special Needs

Jeanne Muellerleile

Retired Director of Camp Courageous in Monticello, Jeanne will recap the history of the Camp and its unique mission to provide year-round recreational and respite care opportunities for individuals with special needs and their families. The camp celebrated its 50th anniversary in 2022.

The Psychology of Kids' Sports for Grandparents

Thursday, February 16th at 1:00 pm

Steve DeVries

Playing to Win? Kids and Sports.

Join former Cornell prof/coach and Hawkeye wrestler Steve DeVries in a discussion of what sport psychology tells us about our young athletes. How can adults (parents, grandparents, and coaches) help kids learn to compete and enjoy their sport experience.

Financial Literacy & Your Money

Thursday, February 23rd at 1:00 pm

Moderator: Jake Krob, Mount Vernon Bank & Trust Company

Presenters: Sonia Redmond, Mount Vernon Bank & Trust Company; Adam Sandberg, Bridge Community Bank; Christian Miller, Hills Bank

Many topics fall under the umbrella of financial literacy such as identify theft, debt management and how to maintain strong credit. In this session, representatives for our three local banks will provide information on fraud and cyber awareness/safety. There will also be time for a Q&A from the audience.

Children's Author Goes Underground

Thursday, March 2nd at 1:00 pm

Jackie Martin

Jackie Briggs Martin will share some details about what she has learned researching her recent works of non-fiction for kids - including details about bustling microbes in the soil that actually protect plant roots and the ways trees communicate with each other.

Food Matters

Thursday, March 9th at 1:00 pm

Laura Krouse

Learn about how your food choices support your concerns for natural resources, climate change, health, and rural community vitality. Small decisions matter! Laura Krouse operates Abbe Hills Farm, one of the oldest Community Supported Agriculture farms in Iowa, near Mount Vernon. She and her workers grow vegetables for local families for twenty weeks in the summer, plus produce food and eggs for nearby restaurants and institutions much of the rest of the year.

Climaggedon

Thursday, March 16th at 1:00 pm

David Osterberg

Why are most atmospheric scientists convinced that the increase in greenhouse gasses is causing the earth's climate to warm? What policies follow from that realization? David Osterberg, emeritus professor of Public Health at the University of Iowa and former elected state legislator, will discuss the science and policy around climate change.

Family Trees . Family Stories . Family Matters

Thursday, March 23rd at 1:00 pm

Ruth Armstrong

Ruth Armstrong, from the Genealogical Society of Linn County Iowa, will share the essential steps to building your family tree: understanding terms and definitions, where to find information, how to document information, and ways of preserving information.

Aging in Place

Thursday, March 30th at 1:00 pm

Harrison March

Growing old in the comfort of home sounds great to most seniors, but it's easier said than done. Learn about the keys to successfully "Aging in Place," including how Heritage Area Agency on Aging can help at no cost to you.

Monday Game Days

Mondays starting January 16 at 11:00 am

Do you have a favorite board or card game you'd like to play? Maybe you'd like to teach others how to play? Or, maybe you'd just like to sit and watch others play? Whatever your level of interest, come join us on Mondays at 11am for an informal get together to play games and visit. Please bring your own board game or deck of cards and we'll provide the coffee.

\$5 Adults/\$3 Seniors 62+/Free with Membership

Thank you for
sponsoring the
Speaker Series!

